

Improving the health and well-being of people



Paula Michal, Celeste Garcia, Debbie Horne, Suzanne Michaud at Fun in the Sun.



Suzanne Michaud, Wendy Slusser, MD, Takashi Wada, MD at the Childhood Obesity Summit.

CenCal Health remains committed to our community and again was involved in many activities throughout our service area. (San Luis Obispo and Santa Barbara Counties.) Some of our annual activities include participation by our staff in fundraising and walking to support the American Heart Association's Heart Walk as well as the Family Care Network's Miracle Mile for Kids. We always have a good show of helping hands from our staff for the United Way's Day of Caring and their Fun In the Sun week.

We live and work in the community that we serve, so giving back in this way just feels right and we believe is the right thing to do. In addition to the above mentioned activities, we continue to sponsor the Santa Barbara Neighborhood Clinic's Health Care Heroes dinner in which true community heroes are honored and recognized for the work they do to help provide services to the neediest population that each of our organizations serve. We also co-sponsored the Let's Move SLO campaign and provided information and did outreach at the Parents are Teachers Too Conference and the Family Fitness & Baby Fair at Cottage Hospital.

The number of members enrolling in our health education program, *Live Better, Make a Change*, increased over the past year. This program provides information, resources & rewards to families with an overweight child who commit to making health changes in nutrition & physical activity.

CenCal Health hosted its 4th annual Childhood Obesity Summit for pediatric providers and child health advocates on the central coast. Our key note speaker was Dr. Wendy Slusser, a childhood obesity expert and Director of the UCLA Fit for Healthy Weight Program.

Our Community Focus workgroup continues to seek out new opportunities for outreach and involvement within our community.



CenCal Health Heart Walk Team