

April 27, 2015

To the Governance and Priorities Committee,

Living Well workbook aims to provide basic, accessible information about healthy lifestyle and have been well-received at various settings in Vancouver Island. Content is based on ***health promotion and healthy aging research*** as well as my experience working with a wide variety of clients in outpatient and emergency psychiatry settings.

The principles, CONNECT, BE ACTIVE, EAT WELL, SLEEP WELL, RELAX, CALM DOWN, CREATE, EXPLORE, GET CLEAR, GET HELP maybe a basis for supporting events, education and environments that foster a "Healthy City" - for instance, funding playgrounds, festivals and community centers or prioritizing life skills for public school curriculum.

I propose a short presentation to introduce the ***Living Well*** workbook to the Governance and Priorities Committee staff to spark discussion and creativity regarding optimally cultivating Victoria as a "healthy, happy" place for citizens and visitors.

I will be very happy to meet you and receive your feedback.

Sincerely,
Miriam Korn, MD, FRCPC