

December 21, 2009

Dear Old North End Neighborhood Resident,

We have exciting news to share with you! Penrose-St. Francis Health Services, wellCenters and the Old North End Neighborhood have partnered to establish the "Healthy Neighborhood Project," designed to improve the health of our community, one neighborhood at a time.

The six-month pilot program kicks off in January and is free to Old North End Neighborhood residents ages 18 and older. Our goal is to assess and improve the health of all participants by providing education and support on ways to promote a healthy lifestyle and develop a more wellness-oriented mind-set.

You will experience pre- and post-project health risk assessments, health screenings, a wellness fun fair, one-on-one counseling with a personal wellness coach, incentives and prizes, and an end-of-project celebration and awards ceremony.

Our health is our wealth, and we believe the health of a neighborhood is more than the total health of its residents. It's also dependent upon residents caring for each other. The Healthy Neighborhood Project shifts the emphasis from treating illness to promoting wellness.

We encourage you to read the enclosed brochure for more information and take charge of your health by participating in the program. What a great way to start the new year!

Sincerely,



Margaret Sabin
President and CEO
Penrose-St. Francis Health Services



Victor M. Appugliese
President
Old North End Neighborhood Board



Damien Lamendola
President
wellCenters