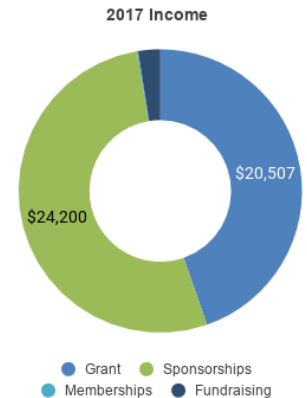


Dear Portage County CAN Partners,

It's been said, "Some people want it to happen, some wish it to happen, others make it happen." PC CAN works to make things happen and 2017 ended in achieved outcomes, imparted inspiration and sparked motivation. Our mission of "improving the well-being of Portage County and accelerating progress on obesity prevention through the development of partnerships to promote healthy eating and active living" continues to require community partners like you for both human and fiscal resources.

We are a lean non-profit organization with a skilled and dedicated board. Bridging partners from health care, government, faith communities, agriculture, employers, schools, non-profits and individuals enhances our reach and results in change. We are thankful for the support demonstrated by both partners and donors. Together we can *eat smart, move more and feel better!*

PC CAN's work is visible in our community via our workgroups: Breastfeeding Coalition of Portage County, Central WI Worksite Wellness Network, Fruit and Veggie Works, and PC CAN Activity Workgroup. Showcased below are highlights from each workgroup. Collectively we strive to foster healthy lifestyles across the community.



Meet the Leaders: PC CAN Steering Committee

President Annie Wetter	Executive Director Suzanne Oehlke	Financial Director Cara Adams	Operations Director Deanna Deising
Communications Director Kelly Hammond	Digital Marketing Manager Sierra Kelley	Web Master Manager Drew Dow	Web Master Manager Brandi Haslitt

Meet the Workgroups:

Breastfeeding Coalition of Portage County - Committee Chair: Amy Bakken

Objective: Promote healthy eating

Portage County Breastfeeding Coalition



Our efforts aim to increase the incidence and duration of breastfeeding in Portage County by supporting breastfeeding moms. Last year we focused on helping child care centers become certified Breastfeeding Friendly.

- 15 child care centers have been trained and certified to be Breastfeeding Friendly
- Our 2018 goal is to certify 7 more

We celebrate World Breastfeeding Month annually in August with a street window display at the public library in downtown Stevens Point to help our community understand the importance of supporting moms to breastfeed.

To make a donation or volunteer visit: <http://www.portagecountycan.org/breastfeeding> or email pcbrestfeeding@gmail.com

Central WI Worksite Wellness Network – Committee Chair: Drake Bell

Objective: Promote active living and healthy eating

The Central Wisconsin Worksite Wellness Network (CWWWN) connects area businesses and organizations interested in enhancing their worksite wellness programs. The CWWWN offers a forum for swapping resources, sharing ideas, and asking for support related to worksite wellness. CWWWN welcomes all residents and workers in Central Wisconsin to participate in its quarterly meetings and events.



Watch this site for online registration details: <http://www.portagecountycan.org/CWWWN>



Fruit and Veggie Works - Committee Chair: Ashley Chrisinger

Objective: Promote healthy eating

Over a dozen Fruit and Veggie Works partners contributed to many programs that promote fruit and vegetable intake through Portage County. 2017 was a busy year for all of us.

- Healthy snacks in the classroom at Jefferson Elementary
- Cooking classes for kids
- Fruit and Vegetable Prescriptions (FVRx) provided 150 financially eligible families vouchers for purchases of local produce
- Summer Farmers Market Educational Booth provided fun, engaging educational activities on Saturdays from June-October that reached 1,000's of community members
- Giving Gardens Community Tour on September 9 showcased the Hunger Poverty Partnership's Giving Gardens program that grows produce at local community sites and donates the harvest to area food centers to help fight hunger.

Learn more about our programs and partners: <http://www.portagecountycan.org/fruits-and-veggies>

PC CAN Activity Workgroup - Committee Chair: Annie Wetter

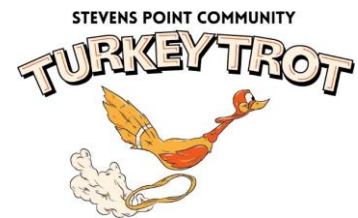
Objective: Promote active living

Cycling without Age (CWA) Stevens Point is a new program that will launch June 1 to offer a simple and safe way for adults with limited mobility to spend time outdoors, socialize, have new adventures, and experience nature close up from a bicycle, and remain active in the community. Numerous partners and donors have raised over \$20,000 to purchase 3 TrioBike trishaws—a tricycle-rickshaw hybrid specifically designed to accommodate passengers with limited mobility. We're currently recruiting volunteers to become pilots.

Learn more: <http://www.portagecountycan.org/cycling-without-age/>



The 2017 Turkey Trot exceeded our expectations for increased community participation and giving. More than 650 participants kicked off Thanksgiving morning with family, friends, neighbors and pets at this free, non-competitive 5K walk/run. Food donations served as the "entry fee." InterFaith Food Pantry Director of Operations, Melvin Dow, responded "Thank you so much for your donations. The Turkey Trot event generated over 1,944 pounds of non-perishable food for the many needy families in Portage County. We are looking forward to working with this event in 2018 to even make a greater impact in our community!" UWSP employees donated another 77 lbs. for The Cupboard campus food pantry that serves students in need. See photos, drone video, and more: <http://www.portagecountycan.org/turkeytrot>



A Mural Walking Map will guide residents and visitors to walk the public art collection in downtown Stevens Point. UWSP's Geographic Information Systems (GIS) Center is providing the technical expertise to establish an interactive, online map optimized for mobile devices to promote walking the route. Project partner Create Portage County will host the map on their site and update it as downtown art installations expand.



How You CAN Help:

Please help us do more to improve the well-being of Portage County and shift the course of obesity. Contributions of time, treasure and talent are always welcome. We thrive when varied perspectives contribute the work we do. Only together can we build a healthier community for all ages!

- Becomes a member or make a donation: www.portagecountycan.org
- Get involved in any or all PC CAN Workgroups
- Help us write grants, enhance our website content or create resource materials
- Join our email list or ask how you can support our mission: portagecounty@gmail.com