



Who are we?

The **Roanoke Healthy Hearts Initiative Learning Collaborative (LC)** is a community-led group that works to improve heart health and overall wellness in Northwest Roanoke. Our actions and goals are guided by people who know the challenges firsthand. Their experience and care make our mission strong.

Mission: *To empower the Roanoke community to improve heart health by promoting self-care, trust, and integrity.*

Vision: *A future where people in Roanoke enjoy better health and wellness. We believe in a community where residents feel strong, confident, and able to find and create solutions together.*

Enjoy tips and wisdom from our members in every issue!

REVEREND CARTER'S CORNER:

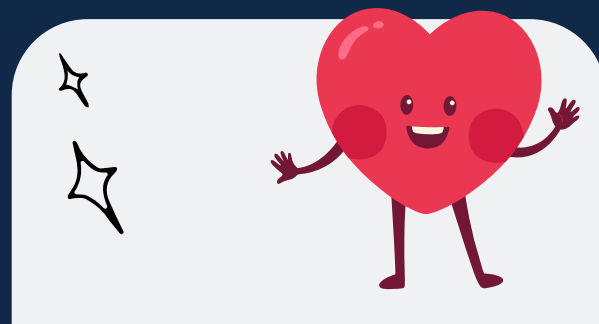
Self-care means doing things on purpose to take care of your body, mind, and emotions. It can include simple habits like eating healthy foods, exercising, or taking time to relax. You might also try being more mindful or practicing meditation, which can help lower stress and anxiety. Taking care of yourself, even in small ways, is one of the most important things you can do—after all, you spend more time with yourself than anyone else!

-Reverend Carroll Carter, founding member



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**Roanoke
Virginia Healthy Hearts
Initiative**



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WHAT ARE WE WORKING ON?

We have some exciting projects coming up!

Here are a few examples:

- A project with One Valley, Inc., Hunt Manor Apartments, and Faith Ministries to **provide free or low-cost fruits and vegetables**
- A project with 727 Kombat Fitness Hub (owner: Tim Wade) to offer **exercise classes (like beginner boxing) for seniors**
- A Healthy Hearts Table at McCray Court Senior Living with access to a **Community Health Worker (CHW)**
- **Healthy Hearts Tables** at New Horizons Healthcare and Annwil Grocery

Together, we're working to make Roanoke a Healthy Heart City!



GET INVOLVED

Want to join us? **We're looking for people who care about their community and want to make a difference!**

Potential skills or interests we are looking for:

- Event planning
- Media advocacy
- Garden volunteers
- Partnership-building
- Anything you love to do!

Call or email us to learn more!

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These newsletters will also be used to get YOUR feedback on community initiatives. Please keep an eye for the next one and send topics of interest to our email.



WHO ARE OUR CURRENT PARTNERS?



All Learning Collaborative (LC) partners are chosen by community members who share our values, like **health, justice, and fixing root problems**. We are proud to work with the following organizations:

727 Kombat Fitness Hub
Annwil Grocery
Hill Church
Melrose Library
New Horizons Healthcare
One Valley, Inc.
Roanoke City Health Department
Roanoke City Neighborhood Services
Roanoke Parks & Recreation
Young Docs

