

# 2010 a Healthy year

- Project to inspire the citizens in Ödeshög municipality to aim a healthier lifestyle
- Many participants – Health Care center, Dental Health care, the political organization of the municipality, entrepreneurs, organisations, NGO
- A part of how to work with the idea of Nature Culture and **Health** with support from Healthy Regions



# Healthy municipality – Project outline

- Carry out brainstorming for Health Year 2010 in Ödeshög Municipality
- Create interest in a health profile in the municipality
- Map interest in increased awareness of and commitment to health and wellbeing among the people of the municipality
- Plan for activities to inspire new consumers of health-related products and events, and new entrepreneurs in health enterprises



# Healthy municipality – Events

➤ 10 Clubs, competitions, sports events, lectures, seminars, theme days, expos, workshops, etc.

## In cooperation with:

The health and dental care centre, sports clubs, Östsam Regional Development Council, the Church of Sweden, OMKULTUR, Upplev Omberg, the schools in Ödeshög, the political organization of the municipality, entrepreneurs, organisations, NGO etc.

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The Healthy Regions project is partly financed by the EU Public Health Programme.  
[www.healthyregions.eu](http://www.healthyregions.eu)

# Activities from Healthy Regions

## T-shirts to all!



**To get a Healthy Regions T-shirt you have to sign a contract "I will live a healthier life"**

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