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 **UNITED WAY OF SOUTHWEST MINNESOTA**

**Sample Health Impact Area Email**

**Subject:** Health Impact Area

**Body:**

**One of UWSWMN’s priority areas is health. Within that priority area the goal is to increase healthy behaviors and wellness amongst local people in the following ways:**

* Achieving a healthier start to life.
* Increasing community conditions that support healthy behaviors.
* Promoting healthy eating and physical activity.
* Providing and increasing access to programs that improve physical, emotional and mental fitness.

The main program supported locally: Senior Meals & Meals on Wheels sponsored by Lutheran Social Services

Learn More: https://www.unitedwayswmn.org/CI

Following are notes of encouragement received by LSS from participants in the program:

* “I am wheelchair bound and I can’t cook for myself any longer. The meals help me to stay in my own home.”
* “I am so glad that my mom gets meals on wheels, I know she is getting a good nutritious meal and someone is checking in on her every day.”
* “The meals are a real blessing to me. I go to the pop-up events and pick up enough meals for a couple of weeks at a time. They are very good meals.”
* “I can’t afford many fruits and vegetables on my social security income. LSS Meals always has a great variety of different healthy food items that I enjoy.”

**If you would like your donation to support the health focus area, please check the “health” box on your pledge form!**