

Wellness Areas	Possible Activities	Potential Service Agencies/Partners
Physical Wellness	a. Offer weight loss programming (e.g., Biggest Loser Contest) to assist or avoid weight related problems (i.e., obesity, diabetes, hypertension.)	Weight Watchers Health Department
	b. Coordinate and offer medical services in the Center. These services could be provided by nurses, mental health providers, and medical professionals from other organizations within the city. These medical professionals could do health screenings, provide guidance on medications and mild medical conditions, and offer advice to the residents regarding their medical health.	Lexington-Fayette County Health Department UKMC Bluegrass Regional Mental Health Center – Mental Retardation Board
	c. Offer workshops related to health disparities that affect the African American, Latino, and financially-challenged residents. Some of these disparities include cancer, heart disease, diabetes, etc.	Lexington-Fayette County Health Department
	d. Offer services and workshop to aid residents and their families with drug abuse, smoking cessation, and mental health disorders.	Bluegrass Comprehensive Care Center of Lexington KY
	e. Offer dance and exercise opportunities (i.e., aerobics, dance, basketball clinics, volleyball, basketball tournaments and leagues, etc.).	Local churches - Upward Basketball & Football League
	f. Solicit and implement a Summer Food Service Program where residents could get nutritious meals. Offer “Healthy Food Cooking Classes”	USDA UK & KSU Cooperative Extension Program

Emotional Wellness	a. Life coaching offer mental health screenings and workshops to address mental health related topics.	Professional Life Coach, LLC
	b. Provide a bank of community mental health providers and support agencies to help residents access services.	LFUCG - Department of Social Services (DSS)
	c. Train residents to advocate for their own needs. Be a resource to help residents resolve issues.	Professional Life Coach, L.L.C.
	d. Officer information related to people with disabilities.	Kentucky Office of Vocational Rehabilitation
	e. Help residents deal with everyday life stressors such as racism, discrimination, relationships, etc.	Lexington-Fayette Urban County Human Rights Commission
Environmental Wellness	a. Facilitate a “Charles Young Community Center” community garden that will be created, maintained, and supervise by the residents of the community. The goal would be that the proceeds/garden items will offer free fresh foods to the residents.	USDA
	b. Teaching and assisting residents with recycling and environmental issues. c. Help residents make eco-friendly choices in their everyday use of supplies around their homes.	LFUCG – Recycling Center
	d. Encourage outside activities such as Walking the East End Legacy Trail.	Professional Life Coach LLC
	e. Engage the residents into a global mindset of the economy, education, and work opportunities offered outside the community.	Professional Life Coach, LLC

<h1>Social Wellness</h1>	a. Assist and encourage the residents’ to create a “community support network” where they help each other live healthy lives.	Professional Life Coach, LLC
	b. Strengthen the community relations with other community and government agencies (i.e., police, public schools, etc.)	
	c. Create and implement a neighborhood safety program that aligns with the “Safe by Design Principles” where criminal behavior is discouraged and reported to necessary agencies.	LFUCG – Police Department
	d. Create a “Community Talent Show where residents display their talents.	Professional Life Coach, LLC Kentucky Arts Council
	e. Offer consistent opportunities for the community to socialize together to foster unity and pride in the community (e., cook-outs, picnics, fairs, dance, etc.).	Professional Life Coach, LLC
	f. Partner with the Lyric Theatre to bring local and national talent to the area.	Lyric Theatre
	g. Create an annual “East End Community Festival” to bring the residents together and showcase their talents.	Professional Life Coach, LLC

<h1>Occupational Wellness</h1>	<p>a. Workforce Development Program that increase residents’ work skills (e. g, classes related to computer skills, resume writing, interviewing skills, and teamwork skills, etiquette classes, and communication skills).</p>	<p>Kentucky Department of Workforce Investment Kentucky Office of Employment and Training</p>
	<p>b. Assist residents in identifying job opportunities and entrepreneurship opportunities.</p>	<p>Community Ventures Corporation (CVC)</p>
	<p>c. Assist residents in identifying their career interests, skills and talents prior to seeking job opportunities (administer a career interest inventory). d. Assist residents in identifying other agencies in Lexington that offer workforce development services (Veteran Administration, Office of Vocational Rehabilitation Center, etc.).</p>	<p>Professional Life Coach, LLC</p>
	<p>e. Offer specific Re-entry training for ex-felons/prisoners and ex-military personnel.</p>	<p>Central Kentucky Career Centers Department of Veteran Affairs</p>
<h1>Spiritual Wellness</h1>	<p>a. Workshops and activities that promote the understanding of life and death (i.e., grief services). b. Provide access to the building to local churches to offer religious programming. c. Maintain a directory Alcohol & Drug Recover programs that help people affected by addictions find hope to stop the addictions.</p>	<p>Professional Life Coach, LLC Local churches Professional Life Coach, LLC</p>

<h1>Intellectual (Academic) Wellness</h1>	<p>a. Specific Multicultural Education activities aimed at closing the achievement gap experienced by resident children. These activities involve learning more about the African American culture. (e.g., Educational activities that offers residents information about local/national heroes that are African American and Latino, an exhibit cultural artifacts, and activities that instills cultural pride.</p>	<p>Professional Life Coach, LLC</p>
	<p>b. Workshops by community leaders and local school officials to offer information about school achievement data, school policies, equity issues related to education, and services offered outside of the school day.</p>	<p>Professional Life Coach, LLC</p>
	<p>c. Interactive community forums on bullying in the schools and cyber bullying that affect resident children.</p>	<p>Professional Life Coach, LLC</p>
	<p>d. Create a computer lab that offer workforce development classes (as mentioned) and educational software (Plato learning system) for residents of all ages.</p>	<p>Kentucky Adult Education Fayette County Public Schools</p>
	<p>e. Offer educational classes such as GED classes, off-site college classes, and group tutoring programs.</p>	<p>Kentucky Virtual Adult Education Kentucky Educational Television (KET)</p>
	<p>f. Show Educational/ informational films, community theatre, music lessons/recitals, dance, and art classes.</p>	<p>Lyric Theatre</p>

Intellectual (Academic) Wellness (continued)

	g. Afterschool and Summer academic programs for youth	Fayette County Public School LFUCG – Parks & Recreation
	h. Create a library of donated books, DVDs, newspapers, magazines that can be borrowed by residents	Fayette County Public School Lexington Public Libraries
	i. Purchase a van to organize educational trips to drive to museums, college fairs, and cultural activities around the city and out-of-state.	LFUCG- Parks & Recreation
	j. Create/Implement an Charles Young Community Center youth mentoring program to provide positive role models to the youth in the community.	NAACP NPHC Urban League Young Professionals
	k. College & Career Fair and Financial Aid Workshop	Council on Postsecondary Education Kentucky Higher Education Assistance Authority
	l. Identify and utilize resources and programs offered at local college (i.e., the University of Kentucky and Transylvania, and Lexington Community College).	University of Kentucky Transylvania University Bluegrass Community & Technical College
	m. Pre-kindergarten programming to encourage school readiness skills.	The Governors’ Office of Early Childhood Community Early Childhood Council (CECC)