

# Healthy Together Now

The Chronic Disease Prevention Initiative, also known as *Healthy Together Now*, was a success.

**Healthy ideas taking root in Manitoba communities.**



For more information  
[www.healthincommon.ca](http://www.healthincommon.ca)

All over the province, ordinary Manitobans worked together to:

- Get more active.
- Eat healthier food.
- Decide on smoke-free living.
- Learn more about mental well-being

## **WHY IT WORKED**

- 1) People and groups worked together.
- 2) Communities made their own plans.
- 3) Programs built on what was already there.
- 4) Leaders came forward.
- 5) Activities were made available to all.