



WELLNESS INSTITUTE  
OF GREATER BUFFALO  
CreatingHealthyCommunities.org

June 2019 Newsletter

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**WNY Walks! Summit (See page 5!)**

**WNY Walks! Summit**  
**June 13<sup>th</sup> & 14<sup>th</sup>**  
**Register on Eventbrite!**



Summit Keynote Ian Thomas  
[www.AmericaWalks.org](http://www.AmericaWalks.org)



Summit Keynote Amanda O'Rourke  
[www.880cities.org](http://www.880cities.org)

The Wellness Institute of Greater Buffalo strives to create happy & healthy communities! We do our work by **empowering citizens and organizations** with support to **strategically** address & **create healthy social, environmental, economic and human practices**. This comprehensive & challenging approach enables citizens to enhance their quality of life & WNY's sustainable future.  
**THANK YOU FOR READING!**



## NATIONAL HEALTH OBSERVANCES

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- Alzheimer's & Brain Awareness Month
- Cataract Awareness Month
- Men's Health Month
- National Safety Month
- 2<sup>nd</sup> National Cancer Survivors Day
- 8<sup>th</sup> Global Wellness Day
- 8<sup>th</sup> Family Health & Fitness Day USA
- 10<sup>th</sup> – 16<sup>th</sup> Men's Health Week
- 19<sup>th</sup> World Sickle Cell Day
- 23<sup>rd</sup> – 29<sup>th</sup> National Lightning Safety Awareness Week
- 27<sup>th</sup> National HIV Testing Day



## JUNE 2019 EVENTS SAMPLER

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- Sun 2<sup>nd</sup> Reflective Walk; Meet at Hoyt Lake/Marcy Casino at Delaware Park; Walk begins at 10:45-11:30AM
- Tues 4<sup>th</sup> Partners for a Livable WNY Niagara Falls Future Series; Downtown Train Station
- Wed 5<sup>th</sup> *WNY WALKS!* Downtown Walk at noon from Niagara Square
- & 12<sup>th</sup>
- Thurs 13<sup>th</sup> *WNY WALKS!* Walking Summit; Buffalo Grand Hotel/ Keynote Ian Thomas 1PM
- Fri 14<sup>th</sup> *WNY WALKS!* Walking Summit; Buffalo Grand Hotel/Keynote Amanda O'Rourke 1PM
- Sat 15<sup>th</sup> Explore Buffalo's Doors Open Buffalo Event
- Sun 16<sup>th</sup> WNY Volkspport Walk Downtown Buffalo
- Fri 28<sup>th</sup> WNY Healthy Communities Coalition Quartely Meeting; Visit [www.pophealthwny.org](http://www.pophealthwny.org)



## SOCIAL CAPITAL

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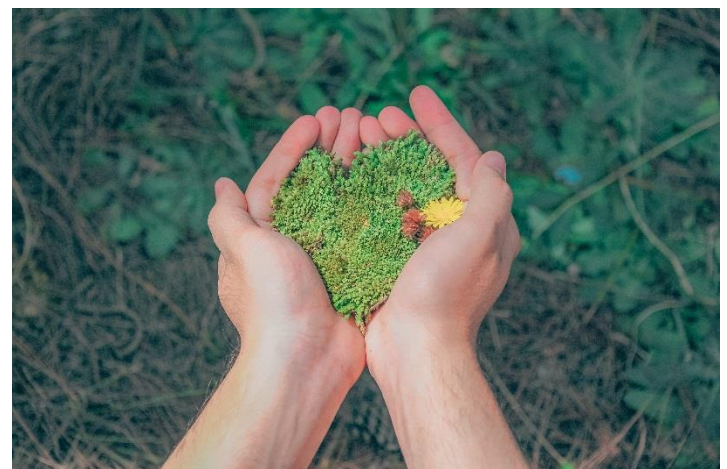
What can walking do besides improve your overall health? It can increase your social capital! Getting out of your home and walking gives you the opportunity to meet new people while getting in your dose of physical activity. The great thing about walking is you can do it just about anywhere! The park, the mall, downtown, the beach- plus so much more! According to the journal *Sustainability* (2017), people who participated in walking in the neighborhood felt higher levels of neighborly trust and networking than those who did not.



## ENVIRONMENTAL HEALTH

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I'm sure you already know vehicles give off gases that affect our environment. This is a huge factor causing global warming. Do you know an easy way to help reduce our carbon footprint? Walking! Walking instead of driving could drastically reduce the amount of greenhouse gases in our environment.





## PERSONAL HEALTH

Walking is great for you in many more ways than one! Here are some fun facts walking may be able to provide you with:

- Increases creativity
- Lowers resting heart rate
- May improve joint pain
- Strengthens bones & balance
- Lowers BMI
- Increases memory
- Stress reliever
- FUN



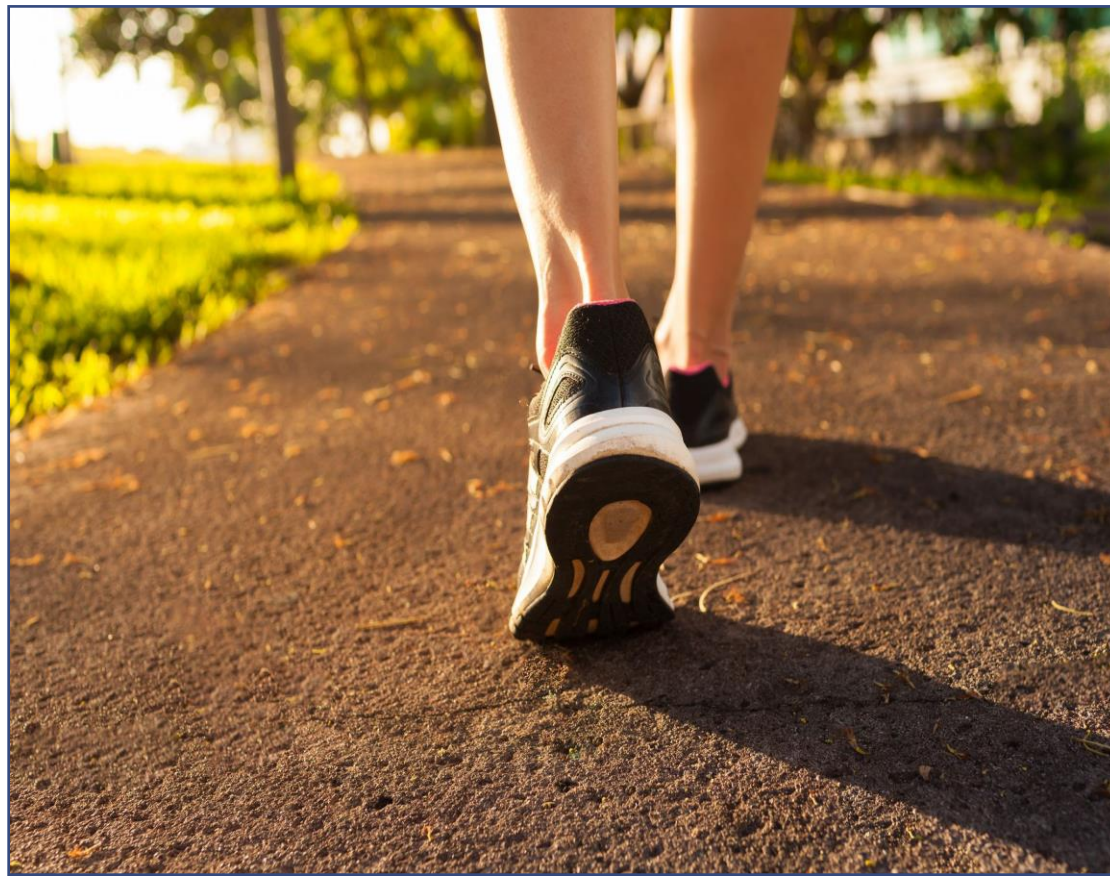
## ECONOMIC HEALTH

Not only does walking help your body but it helps your pockets! Here are a few ways walking helps you save:

- Saving on gas costs
- Saving on car repairs
- Becoming physically fit helps you save on medical bills
- Saving on parking fees



Walking instead of driving also helps your community save and make money! Small businesses benefit from a walkable community where it is easy for people to access their storefronts. Communities can also save due to less car accidents when more people choose to walk instead of drive.



The Wellness Institute of Greater  
Buffalo & Partners Presents:  
**WNY Walks! Summit**  
Addressing Walking & Walkability

Thursday June 13<sup>th</sup> and Friday June 14<sup>th</sup>

*Buffalo Grand Hotel, Downtown Buffalo*

***Pre-Registration Sales***

<https://www.eventbrite.com/e/wny-walks-walkability-summit-tickets-61707259073>

JUNE 13<sup>TH</sup> @ 1PM

DR. IAN THOMAS OF  
AMERICA WALKS!

JUNE 14<sup>TH</sup> @ 1PM

AMANDA O'ROURKE,  
CEO OF 8-80 CITIES!

BREAKOUT SESSIONS:  
RURAL, URBAN,  
SUBURBAN  
WALKABILITY

HIGHLIGHTS HOOKS  
NEIGHBORHOOD  
WALKABILITY PROJECT

WALKABILITY TOOL  
KITS FOR ATTENDEES

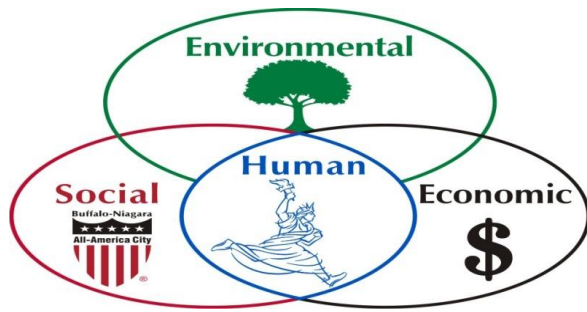
NETWORKING  
KURFUFFLE!

The Wellness Institute of Greater  
Buffalo  
**(716)851-4052**  
[BeActive@City-Buffalo.org](mailto:BeActive@City-Buffalo.org)  
**CreatingHealthyCommunities.**  
**org**

Follow us on Facebook,  
Instagram, & Twitter!

#WNYWalks!





**WELLNESS INSTITUTE  
OF GREATER BUFFALO**  


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**CreatingHealthyCommunities.org**

**Our Mission is to *Create Healthy Communities.***

The Wellness Institute of Greater Buffalo & WNY was incorporated in 1989 as a public benefit organization. The Institute's Mission is to create a healthy community. The mission is addressed by advocating for and facilitating strategy fostering a regional culture that invests in, encourages and sustains individual, family, organizational and community capacity to practice positive civic, environmental, economic and health enhancing behaviors. Strategically guided by the interdisciplinary "healthy community" movement, the Institute's work is enhanced through assessment and visioning, collaboration, networking, advocacy, professional development services, educational programs, communication, volunteers, innovation and leadership on health promotion, civic engagement and quality of life issues.

**OUR SHARED VISION**

“Citizens within our communities share in the shaping of our thriving bi-national region. Safe and stable neighborhoods, respect for diversity, accessible cultural/recreational opportunities, a healthy population, and lifelong learning provide an exceptional quality of life. Our dynamic business climate evolves from a competitive workforce, responsive governance, and a comprehensive transportation system. A balanced, sustainable, environment ensures the prosperity and natural resources of our region.”

**Please feel free to contact us with any feedback on our newsletter!**

**If you would like to submit an event and/or article please contact us at [BeActive@city-buffalo.org](mailto:BeActive@city-buffalo.org).**

**THANK YOU!**

**The Wellness Institute of Greater Buffalo and Western New York, Inc.  
 65 Niagara Square, Room 607, Buffalo, NY 14202  
 Phone: 716-851-4052 \* Fax: 716-851-4309**

**Email: [Wellness@City-Bufferlo.org](mailto:Wellness@City-Bufferlo.org) \* [www.CreatingHealthyCommunities.org](http://www.CreatingHealthyCommunities.org)**