

Here are 10 things you can do about Building Community Resilience.

- 1 Support healthy, stable, and affordable housing in the community.
- 2 Promote the "people-centered" design within the community.
- 3 Support childhood enrichment programs as well as, skill development and adult education.
- 4 Support small, and local businesses in the community.
- 5 Shop local, farm fresh foods.
- 6 Utilize and promote the active transportation options in the community.
- 7 Promote safe and diverse public places by hosting or attending community events.
- 8 Get involved in decision-making and social and civic engagement.
- 9 Promote a clean environment by leading an environmentally-friendly lifestyle.
- 10 Support the local public services in infrastructure.

<http://www.gethealthysmc.org/10-key-components-healthy-equitable-communities>



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