



Leading the Way to a Healthier New Hampshire

New Hampshire Celebrates Wellness is a non-profit organization dedicated to improving the health and well-being of the people of New Hampshire. Since 1986, NHCW has positively impacted the health of thousands in NH each year.

New Hampshire Celebrates Wellness (NHCW) helps communities, organizations and individuals create healthy and sustainable communities and improve citizen health.

Livable, Walkable Communities (LWC) a program of New Hampshire Celebrates Wellness A resource to help CTAP communities plan for growth

Livable, Walkable Communities are places where people of all ages and abilities can easily and safely enjoy walking, bicycling and other forms of recreation.

How does LWC work with your community?

LWC works directly with your community to engage community members and stakeholders in a process to:

- ✓ **Assess needs** specific to safety, natural resources, economic vitality, social connections, aesthetics and other areas critical to healthy community function.
- ✓ **Identify routes for reaching key destinations** via walking, biking and other forms of recreational transportation.
- ✓ **Establish priorities and determine next steps** for becoming a healthier place to live.
- ✓ **Link your community with resources** (technical, funding, informational, etc.) to assist your community in becoming a livable, walkable community.

What benefits does LWC provide?

LWC provides a foundation to support human, environmental, economic and community health, and to:

- ✓ Preserve open space
- ✓ Promote mixed-use development
- ✓ Create trails, paths and on-street bicycle facilities
- ✓ Support and promote physical activity
- ✓ Improve access to parks and recreational facilities
- ✓ Increase safety for children and adults

For more information about the New Hampshire Celebrates Wellness LWC program:
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