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## Round 2 for health effort

Round two comes later this week for a still new organized effort to better the collective health of those living in the Pauls Valley community.

The second ever meeting for a local health coalition is scheduled for a 5:30 p.m. start Thursday at the PV Public Library.

Julie Selman, educator for the health departments in Garvin and Murray counties, is optimistic about the coalition's future after the group's initial gathering late last month.

"We had a pretty good turnout," Selman said.

"My outlook on this is it looks good. We have a good core group of people who want to do a lot of good for the community. We had doctors and some who were just citizens interested in having a healthy place to live," she said.

"I also want people to know that we welcome anybody, and the meetings are always open to the public."

At that first meeting each person in attendance was given the opportunity to list their top three local health concerns. All the ideas have since been organized into categories.

"I guess the number one thing was to have a community farmers market or a community market," Selman said about the ideas submitted.

"Some ideas are not so tough to get done; others are more intense and will take some planning."

A few of the others included having organized recreation activities for adults, a weight loss support group, a walking track and bike trails.

"We're going to take the data gathered and present it to the group at this meeting," she said.

The idea of establishing an organized health coalition came from Selman and Racheal Winters, owner of Curves in Pauls Valley.

According to Selman, they decided a grassroots type coalition of this type was a good way to get different people's input on health issues and ways to make improvements at the community level.

For information about the meeting and the coalition effort contact Selman at 405-238-7346.