Southern California HEAL Network Leaders Learning Circle  
August 15, 2014  

**SUSTAINING THE MOMENTUM:**  
BUILDING A LOCAL MOVEMENT FOR CHANGE

The agencies, organizations, businesses and residents are all on board. The CAP has been written (and re-written, and re-written), resources have been allocated and there have been important advances in strategy implementation. But participation may be waning. Implementation is tougher than everyone had imagined. It is still hard to demonstrate measureable impact. Everyone’s wondering if the funder will “re-up.” Under such conditions, how do you sustain momentum and partner commitment to advancing healthy eating and active living in your community? How do you build a local movement for change?

**Pre-Session Suggested Reading:**


**Suggested Homework:**

- Reflect on how you’ve used your “influence without authority” lessons since our last Learning Circle – and come prepared to share!

**AGENDA**

11:30 – 12:30 pm  
**Registration and Networking Lunch**

12:30 – 1:00 pm  
**Welcome, Introductions and “Influence without Authority” Ice Breaker**  
- Judy Harper, Community Partners  
- Arpiné Shakhbandaryan, Community Partners  
- Ama Atiedu, Center for Community Health and Evaluation

1:00 – 1:40 pm  
**Planting Seeds for a Movement**  
- Mariel Medipour, Kern County Department of Public Health  
- Penny Lopez, Whittier YMCA  
- Jean Varden, Antelope Valley Partners for Health  
*The Antelope Valley, Oildale (Kern County) and Whittier HEAL sites initiated a more targeted (and accelerated) approach to HEAL in their communities. What are the lessons they learned about doing more with less? How might these lessons inform sustainability planning at other sites?*
1:40 – 2:00 pm  The Fluid Role of Networks – OR – Why Building a Movement Requires Influence, Trust-Building, Listening, Flexibility and Vision
Judy Harper, Community Partners
Cheryl Moder, Lemon Grove HEAL
The HEAL Zones are building blocks within a growing movement for health equity, centered on affordable access to healthy food and physical activity. How do our coalitions become true networks within this social movement?

2:00 – 2:30 pm  Paired Reflection Walks (and bathroom break)

2:30 – 3:30 pm  Café Discussion Groups – Building a Sustainable Local Movement for Change
We will break into small discussion groups (where you’ll share reflections from your walks) and then reconvene to consider how your local efforts can become building blocks for the HEAL movement.

3:30 – 4:15 pm  Exercise Using Data from Coalition Survey!
Ama Atiedu, Center for Community Health and Evaluation
With your coalition survey results report in hand and the day’s discussion in mind, we’ll take some time to identify and share goals for accelerating transformative change in your HEAL community.

4:15 – 4:30 pm  Concluding Reflections

5:00 – 6:00 pm  Optional Hors D’Oeuvres and/or Dinner at Setá in Uptown Whittier
13033 Philadelphia St, Whittier, Ca 90601

6:00 – 9:30 pm  Optional Salsa Lessons and Dancing with Chino Espinoza y los Dueños del Son at Whittier Radisson Poolside!