



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

## New BCycle Stations

On Wednesday, March 18 community members joined Mayor Karl Dean and Bob Burns, president of BCycle for an official ribbon cutting on the new BCycle station at the Shelby Bottoms Nature Center. Nashville BCycle has opened four new BStations around town. These new BStations are located at **Shelby Bottoms Nature Center, Belmont Boulevard, Hill Center Trailhead and Morgan Park**. Check out the [station map](#) to see all of the station locations. Coming soon, there will be a BStation located at the new First Tennessee Park in Sulphur Dell to coincide with opening day for the Nashville Sounds. Watch for word of an opening day celebration on April 17. With these new additions, the BCycle system will have 30 stations and 263 bikes. For more information or to join BCycle, visit <https://nashville.bcycle.com/>



## Nashville Kick Butts Day Activities

## News & Events

### Neighborhood Leadership Training

This event is sponsored by Mayor Dean, and the Mayor's Office of Neighborhoods in partnership with Alumni from Lipscomb's Andrews Institute for Civic Leadership.

**Session IV: Housing**  
**Saturday, March 28; 9 am-12:30 pm**  
**East Park Community Center**

*Please register at*  
[neighborhoodleadership.nashville.gov](http://neighborhoodleadership.nashville.gov)  
Sessions I, II, and III materials and videos will be available at  
<https://nashville.gov/Mayors-Office/Priorities/Neighborhoods.aspx>

### 6th Annual Kids & Kites Day

**Saturday, April 4; 10 AM-2 PM**  
Bicentennial Mall State Park  
600 James Robertson Pkwy

Enjoy flying a kite. Join the fun with facepainting, games, dancing and music. All of this in an effort to fight against childhood obesity. For more information, visit the event [facebook page](#)



During the week of March 16, teens in Nashville shared their message celebrated Kick Butts Day.

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. On Kick Butts Day, teachers, youth leaders and health advocates organize events to:

- Raise awareness of the problem of tobacco use in their state or community;
- Encourage youth to reject the tobacco industry's deceptive marketing and stay tobacco-free; and
- Urge elected officials to take action to protect kids from tobacco.

This year the Youth Advisory Board of the Metro Public Health Department completed two community projects. One entitled Tombstones which was located at the Greater Faith Missionary Baptist Church. The other was Cups on a Fence located at the Richland Park Tennis Court.

Whites Creek High School students also celebrated Kick Butts Day with an assembly about the dangers of tobacco use. they created a pledge wall using the national "I am NOT a replacement" theme. The students identified themselves and always not a tobacco user replacement for the tobacco companies.



## Community Health Improvement Plan (CHIP) Update

The Healthy Nashville Community Health Improvement Plan is addressing mental and emotional health as one of the community priority health issues. A strategy that is being focused on is decreasing the stigma associated with mental illness and understanding and addressing the profound role adverse childhood experiences can have on behavior and physical health through the person's lifetime. Local partners are using the Adverse Childhood Experiences (ACE) study and tools as a way to begin to develop a strategy to improve outcomes at a population based level. This effort aligns with the Centers for Disease Control and Prevention's recommendations for addressing child maltreatment and adversity. The Robert Wood Johnson Foundation (RWJF) has recently released a blog article about the current trend in using the ACE study as

### Walk Bike University

Walk Bike Nashville is hosting free bicycle and pedestrian education classes for the community. There are several sessions planned in the next few weeks. If you are interested in participating, visit their website for more information and to register [www.walkbikenashville.org/classes](http://www.walkbikenashville.org/classes)

### Save the Date!

#### Healthy Nashville Summit

Friday, June 5; 9:30-3:30 PM

Nashville Downtown Library

The 2015 Healthy Nashville Summit theme is health equity. Registration will open soon.

To find more low cost and free activities in Nashville, visit the [Metro Events Calendar](#)

a way to improve the health of our communities. Click here to read the [RWJF blog](#)

For information and updates on the community health improvement plan visit, <http://www.healthynashville.org>