

# MIND, BODY, AND SPIRIT INITIATIVE

## VISION OF MARILYN BURNS

### VISION

#### *What change do you wish to see in the food system?*

My vision is of a caring, collaborative community that builds the mind, body, and spirit in the hopes of creating a food system that will enhance the growth of our collective neighborhood.

### PROBLEM

#### *What's keeping your vision from happening?*

#### *What is the root of the problem?*

- The root of the problem lies in the spirit of individuals.
- If someone does not feel good about themselves, how can you expect them to eat healthily or care what they put in their body?
- If you work on the spirit first, the mind and body will follow.



### TRANSFORMATION PROPOSITION

The Mind, Body, and Spirit Initiative will help under-served, under-resourced communities, particularly the public housing community, by rejuvenating the spirit and using food as a healer to help people feel better, to rebuild wholeness, and to realize hope for the future.

### HOW CAN YOU GET INVOLVED?

- Grant funding and donations for putting on events
- Volunteering
- Having a positive attitude
- Commitment to wanting to see a change (follow-through)

## IMPACT METRICS

*How will you know when you have changed the food system?*

- By providing community events that center healthy eating and wellness initiatives, residents will begin to think systematically about their food choices to drive wellness.
- Residents will begin to have a positive attitude about themselves.
- Residents within the community will begin to trust and believe in each other and in themselves.

## KEY PARTNERS

- Residents of Woodhill
- People I've known over the years
- City Architecture
- Community Gardeners
- Local Universities and Medical Students (John Carroll, Cleveland Clinic, CWRU)
- Local Church Ministries
- City Council
- Anyone who believes in the work that I do



## MARILYN BURNS

Marilyn Burns is motivated by the possibilities for better linkages of healthy eating and active living activities with the interests of residents in public housing. Ms. Burns has been a community leader and advocate for 17 years. Her main focus has always been to serve her community, residents, and neighbors while promoting a spiritual and healthy outlook, uplifting community engagement whenever possible.

Contact me via email to learn more about how to get involved: [marilyn.burns85@yahoo.com](mailto:marilyn.burns85@yahoo.com)

## SPONSORS

