



MYSTIC VALLEY
Public Health Coalition

July 2024 Newsletter

The Mystic Valley Public Health Coalition works to build the collective responsibility of creating and sustaining environments where communities can thrive in supportive and healthy spaces.

MVPHC Public Health Youth Leadership

New Group Member Introductions

This summer 5 new students are joining the Public Health Youth Leadership Group!



Meet Amelia!

She is a Medford resident entering her sophomore year and a health topic she is interested in is the mental health and well being of students!



Meet Mandy!

She is a Medford resident entering her senior year and a health topic she is interested in is how different beauty standards affect youth mental health, and in turn, physical health!



Meet Sara!

She is a Melrose resident entering her senior year and a health topic she is interested in is the understanding of the prevalence of mental health issues among youth, exploring effective prevention and intervention strategies, and reducing stigma surrounding mental illness!



Meet Marjia!

She is a Medford resident entering her senior year and a health topic she is interested in is health equity and access - including addressing disparities in youth health outcomes and promoting equitable access to healthcare services and resources for all young people, regardless of socioeconomic status, race, ethnicity, or other factors!



Meet Sumin!

She is a Melrose resident entering her junior year and some health topics she is interested in are Mental Health, Substance Abuse/Underage Drinking, and Media Literacy!

Melrose Events

Save the Dates

Screenagers Movie Series

**Growing Up
In The
Digital Age**

July 31st

Next Chapter

August 7th

**Under The
Influence**

August 14th

Are you watching kids scroll through life, with their rapid-fire thumbs and a six-second attention span? SCREENAGERS reveals how tech time impacts kids' development and also offers solutions on how adults can empower their kids to best navigate the digital world and find balance.

Location: Milano Center

Time: 6:30-8:00pm

***Free for all parents and grandparents**

***Popcorn will be available**

***Walk-ins welcome, registration not required**

To watch the trailers and learn more about the movies, scan the QR code



Reading Events

MINDFULNESS MONDAYS @ MATTERA CABIN

MONDAYS 7/15/24-8/5/24 FROM 12PM-1:30PM

1481 MAIN ST, READING

**WALKING BUDDIES
MAY INCLUDE...**



**RUSTY & COOPER
RPD COMFORT DOGS**



- MEET @ MATTERA AT 12PM
- WE WALK RAIN OR SHINE
- AVERAGE TRIP IS 6,000 STEPS
- WE WALK BARE MEADOW TRAILS
- WEAR COMFORTABLE WALKING SHOES
- LONG PANTS RECOMMENDED
- MINDFULNESS SCRIPTS VARY WEEKLY
- RESTROOM @ MATTERA CABIN
- WATER, BUG SPRAY & WALKING STICKS PROVIDED



QUESTIONS? [JCRUZ@READINGMA.GOV](mailto:jcruz@readingma.gov)

**SCAN TO
REGISTER**

Local Events

Are you hosting an event that serves our students or families? Could folks benefit from the work that you're doing? Would you like to get the word out to collaborators in the region?

Submit your upcoming events here and we will feature them in the future editions of our newsletter. Use the button directly below.

Submit Events for a Future Feature Here!

**Mystic Valley Public Health
Coalition**

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