Live Healthy Red Wing
2019 Highlights

We collaborate to increase the health and well-being of our community by improving policies and systems, enhancing the physical environment, and building an inclusive culture where every resident feels heard and connected.

Looking back on a year well spent
In 2019, the Live Healthy Red Wing team continued to work towards our goal of creating opportunities for all residents to access physical activity and healthy eating. Our main focus was on projects to improve and create new local parks, as well as continuing our work with engaging residents across our community. In June of 2019, Erin Aadalen became the new LHRW Coordinator. Erin is also the Red Wing Park Naturalist and has a background in environmental education, so her passions fit well with our new focus on improving access to parks, outdoor spaces, and outdoor recreation. We look forward to continue connecting with our community, partnering with local organizations, supporting community projects, and creating new opportunities for everyone to get active and eat well.

Born Learning Trail
The Born Learning Trail is a set of signs that encourage thoughtful, active play between children and caregivers. In partnership with the United Way, neighborhood residents, and LHRW team members, we were able to purchase and install a set of Spanish and English signs at Charleston Crest Park, on Aspen Avenue. We hope this addition to the park will encourage families to get outside together, get active, and enjoy their park in a new way.
Bluff View Park Improvements

In February of 2019, our team worked closely with the City of Red Wing Public Works department and residents of the east end neighborhood to give a much needed face lift to Bluffview Park. Residents shared their concerns about safety, helped select play ground equipment, and worked together to update their neighborhood park. The new park installments were completed summer 2019.

Activating Nature Play

Through a partnership and grant funding from the University of Minnesota, we’re working to use participatory design to create dynamic nature play opportunities in Red Wing. We’ve brought together 15 residents from the East End neighborhood to drive the design process, participate in two community meetings, and take pre and post project surveys to help us learn about their knowledge of nature’s connection to health and opinions about government’s role in providing equitable access to nature play.

In May of 2020, we will host a pop-up park demonstration project based on resident-led visioning that is open to all residents and visitors. Community members that visit the pop-up park will get the chance to see what a nature play space is and what it could grow into in the future.

At the end of the project, we will compile our findings, methods, and key takeaways into a tool-kit that other communities can use to engage their residents and bring nature play to their own back yards.

To learn more and stay up to date with our progress, please visit www.livehealthyredwing.org or visit our Facebook page.

Power of Produce

We’re proud to sponsor the Power of Produce program through the Red Wing Farmers Market. This program gives each participating child a $2.00 credit towards local fruits and veggies each time they visit the farmers market. This is a great way for kids to get involved and excited about healthy food and introduce more local produce to their plates.

If This Bluff Could Talk

LHRW and the City of Red Wing partnered with a regional Dakota artist, Marlena Myles, to create an art-based placemaking project. Marlena created works of art dedicated to He Mni Can-Barn Bluff including a native plants coloring book, Dakota place-names map, and she also assisted with the He Mni Can-Barn Bluff trail head improvement project.