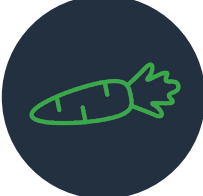


A Wellness Revolution Begins In Tampa Bay

TampaWell, activated by Tampa General Hospital in partnership with the City of Tampa, is a revolutionary health and wellness initiative with the goal of making Tampa the ultimate wellness destination in the United States. Our mission is to empower communities and transform lives. This multi-year effort focuses on a number of areas:



Movement



Healthy Eating



Healthy Living



Mental Health



Connectivity



Partnerships



TampaWell

Empowering Communities. Transforming Lives.

Be TampaWell

Join the movement!
Explore our programs and events!

TGH.org/TampaWell





Who We Are

Our mission at Tampa General Hospital is to empower communities and transform lives. TampaWell is the embodiment of that mission. This endeavor focuses not only on measures to reduce chronic disease and improve overall health; it also supports the city's most at-risk residents by addressing underlying social factors that impact health. Our aim is to make TampaWell a model for the nation in preventative health and wellness.



Working Together for a Healthy Community

TampaWell community partners are at the heart of everything we do. The City of Tampa has joined Tampa General Hospital as a lead partner in this transformational mission. We seek to engage a broad spectrum of community partners so we can extend our wellness revolution to every neighborhood across our city.

Get Involved as a Community Partner

Learn more about how you can contribute to the health and well-being of the community by becoming a TampaWell partner.

813-844-7349 • TampaWell@tgh.org.



Our Vision: Be a Catalyst of Innovation for Healthier Living

Exciting Things in the Works

- **Movement:** Through our Exercise is Medicine® initiative, TGH is the first health system in the region to systematically prescribe exercise and healthy foods as medicine.
- **Movement:** Plans are under way to enhance area wellness trails to encourage more participation in outdoor fitness activities.
- **Healthy Eating:** We are building a Community Garden & Food Pantry to nourish the bodies and minds of residents in East Tampa.
- **Healthy Living:** We are establishing educational programs for children, communities and employers.
- **Mental Health:** We are working to launch resiliency programs to improve the mental health of our community.
- **Connectivity:** A TampaWell smartphone app is in development to spread the word and raise awareness of ways to be TampaWell.
- **Partnerships:** We are forging partnerships with nonprofits, businesses and community members to establish innovative programs and expand our impact.

