



Colorado HealthStory is working to create an appreciation of our shared experiences of health, one conversation at a time. Everyone has a health story to tell; the joyous birth of a baby, the moving experience of sitting with a dying parent, a journey of remarkable healing, the daily reality of living with diabetes, the perspective gained from providing health care. We invite you to tell a health story and join the conversation about health in your community.

Recording the Stories

Colorado HealthStory is recording individual stories and conversations in communities across the state. Health stories are audio recorded with a family member, a friend, a care provider, a colleague or a HealthStory staff person. Participants receive a CD of their recording, and a second copy is retained in the Colorado HealthStory archive.

Starting a New Conversation

Colorado HealthStory gathers with community members for local forums and listening sessions in several communities throughout Colorado. At these forums, community members listen to collected stories and speak about shared health issues in their community. Community health profiles are presented at each forum that highlights recorded stories and local health data.

Sharing the Stories

Many stories are featured at ColoradoHealthStory.org, on our [Face book page](#), and via [Twitter](#). In addition, stories and local health data are presented at various conferences and workshops throughout Colorado and highlighted in publications and educational materials. Radio stations and newspapers are encouraged to highlight stories in their local communities.

Getting everyday Coloradans involved in the conversation about health is critical, because those decisions are too important and too personal to be made only by someone else.

For more information about Colorado HealthStory visit www.coloradohealthstory.org or contact info@coloradohealthstory.org

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