



Hello again,

Today we're expanding our view of resilience to include something essential: the health of the community we live in.

Healthy communities make it easier for people to thrive. When we have access to care, nutritious food, and safe spaces, we're better equipped to handle challenges.

Today's Activity

Think of one community health challenge you've noticed in Forsyth County. Brainstorm one action — big or small — that could help address it.

Explore This Resource

[Forsyth Futures' Community Health Assessment](#)

Reflection Question

How does the wellbeing of your community influence your own resilience?

Local Focus

Explore how the Forsyth County Department of Public Health works toward equitable health outcomes for all residents.

Join Us This Week

Join us Friday, Feb. 13 at 12pm for this week's Community Check-In. This Zoom session will offer space to reflect on Week 1 of the 21-Day Resilience Challenge, with a focus on personal and community wellbeing. Participants will also preview key themes from Dr. Will Lewis' upcoming session connecting individual reflection to practical lessons in resilient leadership.

Click here to register for the Zoom link: [Week 1 Check](#)

Join us **IN-PERSON** for United Way of Forsyth County's 21-Day Resilience Challenge culminating panel event—*Resilience in Leadership: Women Who Lead Through the Storm*.

Click here to register for: [Resilience in Leadership: Women Who Lead Through the Storm](#)

Event details:

Friday Feb 27, 2026, 11:30 a.m. to 1:00 p.m.

Forsyth County Annex 1 Auditorium,

725 Highland Avenue, Winston Salem, NC 27105

Day by day, you're helping build a stronger Forsyth County.

With gratitude,

United Way of Forsyth County

GIVE