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Sharing personal health stories

Colorado HealthStory Community Forum takes place July 14

By **Rich McLean**
YourHub.com Contributor

Nothing is more important than your health and the health of your family. But the decisions we make as a community help shape the health and healthcare experiences of individuals living here.

That's why Aurora Health Access is so excited about Colorado HealthStory. Personal stories about real people's health and healthcare experiences are the best way to learn what is working and what's not. 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 of a doctor or nurse. Each story is a lesson for our local and state political and health care leaders seeking to do what's best for

Colorado. What do Coloradans need in health and healthcare? What needs to be fixed?

Aurora Health Access has partnered with Colorado HealthStory to collect stories about experiences with health and healthcare from people across our community. We've collected more than 25 stories of Aurora residents. These stories provide powerful insight into the health care system in Aurora.

We invite you to join us at a community forum to hear these health stories and join the conversation about health in your community. If we all speak up — parents, retirees, folks with lifelong health issues or new ones, people struggling to get by, people happy with their healthcare and those with complaints, insured and uninsured, healthcare providers, and anyone else with a story to share — we can create a shared experience of health and

send a strong message about how we — as individuals and as a community — want healthcare to work for us.

Attend the Aurora Colorado HealthStory Community Forum on Thursday, July 14 from 6 to 8 p.m. in the Aurora Room at the Aurora Municipal Center, 15151 E. Alameda Ave. If you have questions or need more information, e-mail rich50zaha@q.com or call 720-987-9570.

Decisions about your health are too important and too personal to be left solely to others without input from you. You don't have to be an expert to make a difference — you just have to truly believe nothing is more important than your health, and then join the conversation.

Rich McLean is a community leader within Aurora Health Access.

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On June 11, 1,000 runners converged on High School track at Aurora Parks, Recreation and Open Space. The event was part of the Colorado Association of Recreation and Open Space (CARA) youth track meet.