



**heartland
foundation**



FOR IMMEDIATE RELEASE

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Heartland Foundation celebrates release of its first book

***Come Together, THINK AHEAD! Inspiring People, Organizations and Communities to Thrive* shares best practices learned through decades of work in the heart of the heartland that can be applied universally**

St. Joseph, Mo. (October 7, 2015) – Heartland Foundation has published a book that is now available for sale on its website at www.heartlandfoundation.org. The title highlights heartfelt stories along with lessons learned. It uplifts the values proven to be most helpful in contributing to the revitalization of the region of northwest Missouri and surrounding counties in Kansas, Nebraska and Iowa.

Over three decades of work are covered focusing primarily on Heartland Foundation's role in the region's integration of the global Healthy Communities movement; the innovation of emPowerU programming and renovation of an old brownfields warehouse into their unique emPowerU campus; and, the region wide (e²) education emPowers® initiative promoting the importance of learning from birth through retirement as being the key factor in achieving healthier and more thriving people, homes, workplaces, and communities.

Leland R. Kaiser, Ph.D., health futurist and founder of the Kaiser Institute in his review of the book said, "I recommend you use it as a guiding light in your community."

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Another reviewer and longtime supporter, Andrew McCrea, rancher/farmer, author, and host of the nationally syndicated radio and television program “American Countryside” says, “The work of Heartland Foundation is vital....it’s a mission for helping our communities Think Ahead and helping all to prosper. This is the road map for successful communities of the future.”

Heartland Foundation’s vision is inspiring people worldwide to build healthy and thriving communities through the mission of championing education and empowering people – youth and adults – primarily in America’s rural heartland. Using well-tested methods for possibility-thinking, collaboration, and innovation, Heartland Foundation and its unique emPowerU® programs and campus have positively touched the lives of over 67,000 people since 2007 its emPowerU campus opened.

Since 1989, author Judith K. Sabbert, served as chief operating officer and in 2015 was named president of Heartland Foundation. In her servant leadership role, she oversees a number of innovative programs and robust partnerships designed to strengthen education and build new patterns of civic engagement and leadership. Judy collaborated with Christel A. K. Gollnick, a writer with two decades of nonprofit leadership and communications experience who is also a member of Heartland Foundation’s servant leadership team.

Missouri U.S.D.A. Rural Development provided encouragement and grant support which helped make this book project possible. All proceeds from its sale will directly further the charitable mission of Heartland Foundation.

Serving as a catalyst, convener, innovator, and connector, Heartland Foundation is a public charity dedicated to championing education and empowering people to build healthy and thriving communities. Founded in 1982 and leading the region’s Healthy Communities movement since 1994. Learn more about Heartland Foundation’s initiatives, programs, grants, and scholarships by calling call 816.271.7200 (800.447.1083) or visiting www.heartlandfoundation.org.

BOOK INFORMATION AND ACCOLADES FROM REVIEWERS AROUND THE NATION

AUTHOR: Judith K. Sabbert with Christel A.K. Gollnick, Foreword by Anne Conzemius
FORMAT: 6×8 Soft Cover
PAGES: 250
PRICE: \$24.95 + shipping and handling
ISBN: 978-1-943338-03-0
PUBLISHER: Chandler Lake Books
CONTACT: info@heartlandfoundation.org for order information or place your order online at www.heartlandfoundation.org.

“This book found me....Their story could well become your story. I recommend you use it as a guiding light in your community.”—Leland R. Kaiser, Ph.D., health futurist and founder of the Kaiser Institute

“...an inspiration for others to re-imagine another future for their community, state, region, and nation. A must read...”—Mary A. Pittman, DrPH, president and CEO, Public Health Institute

“...a reality story....a life book. It is about leadership, stewardship, and civic responsibility. It is about the innovative idea behind the Healthy Communities movement and...the practical application.”—Anne Conzemius, founder and CEO of SMART Learning Systems

“Think Ahead! underscores the fact that one person can make a difference. You just have to believe anything is possible.”—William Bentley, associate commissioner, Administration for Children and Families-Family and Youth Services Bureau

“Seldom have I come across a book that combines originality, practicality, inspiration and specificity...a volume that greatly benefits from its candor.”—Bill Millett, president of Scope View Strategic Advantage