

WELLNESS PASSPORT

WIN PRIZES

Complete 10 activites to be entered in the prize drawing!

Physical Wellness

- Run/Walk a 5K
- Make a Healthy Recipe
- Walk or Bike a Trail
- Learn about your health
- Play a sport with friends
- Get a vaccine
- Go snow sledding
- Try Yoga
- Strength Training
- Swimming

Emotional Wellness

- Visit an art exhibit
- Paint a Picture
- Make a craft
- Sing or Play an Instrument

Environmental Wellness

- Stargaze
- Pack an emergency preparedness kit

Financial Wellness

- Update Your Budget
- File Your Taxes Early

Intellectual Wellness

- Attend a concert
- Send a Thank You Card
- Visit a community center
- Attend a Community Event

- Visit a library
- Join a book club
- Do a crossword puzzle



scan to enter



See our list of activity suggestions and sponsors on the back

WELLNESS PASSPORT SUGGESTED ACTIVITIES

February

- February 11th, Join us for Diabetes conversations at the Kenwick Community Center, 5-7 pm.
- February 14th, John's Run Walk Shop 5K. Enter to win additional prizes on-site, 3090 Helmsdale Place, starts at 7:30am.
- February 15th from 2-3pm, Come play a fun round of Heart Health BINGO at Beaumont Branch Library. See more library activities at events.lexpublib.org/events?r=thimonth
- February 24th, 6-7pm, Weight Loss Challenge Kick-Off, William Wells Brown Community Center.
- February 25, 4-7pm, Join us for a heart-focused health fair at the Dunbar Community Center.

March

- March 7th, 9:30am - 3:30pm, 10th annual Women's Health Summit, Black & Williams Neighborhood Cultural Center, located at 498 Georgetown Street, Lexington, KY 40508
- March 24, Diabetes Alert Day at Tates Creek Branch Library. Join us from 2-3pm for a free A1C screening and to play diabetes trivia game

Anytime

- Yoga at Grayline Station, every Saturday & Sunday at 10am, Monday & Wednesday at 6pm, Donation based, bring your own mat, email theashventure@gmail.com for questions.
- BingoCize, Mondays from 1:30-2:30 pm at the Tates Creek Branch Library. Join us for this free program that combines the love of BINGO with chair exercise and health trivia. Contact Nancy at 859-288-2344 for questions.
- Try out a new recipe from the American Diabetes Association's www.diabetesfoodhub.org
- Attend a free concert of Jazz or Classical music at the library. For dates, see events.lexpublib.org/events?r=thimonth
- Visit an Art Exhibit, www.visitlex.com/event/lexington-at-250-photography-exhibition/26449/ or lexarts.org/discover/lexarts-hop/
- Stargaze at Raven Run Nature Sanctuary, lexfun4kids.com/raven-run-review/
- Pack an emergency preparedness kit, www.ready.gov/kit
- Do a crossword puzzle by a warm fireplace.

PRIZE SPONSORS



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GIFT CERTIFICATE
FOR 5 FREE GAMES



Singletary Center for the Arts

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SHOW IN APRIL



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or go to
lfchd.org/wellnesspassport

