

# WELLNESS PASSPORT

**WIN  
PRIZES**

**Complete 10 activities 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

## Social Wellness

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

## 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

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=thismonth](https://events.lexpublib.org/events?r=thismonth)
- 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](mailto: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](http://www.diabetesfoodhub.org)
- Attend a free concert of Jazz or Classical music at the library. For dates, see [events.lexpublib.org/events?r=thismonth](https://events.lexpublib.org/events?r=thismonth)
- Visit an Art Exhibit, [www.visitlex.com/event/lexington-at-250-photography-exhibition/26449/](http://www.visitlex.com/event/lexington-at-250-photography-exhibition/26449/) or [lexarts.org/discover/lexarts-hop/](http://lexarts.org/discover/lexarts-hop/)
- Stargaze at Raven Run Nature Sanctuary, [lexfun4kids.com/raven-run-review/](http://lexfun4kids.com/raven-run-review/)
- Pack an emergency preparedness kit, [www.ready.gov/kit](http://www.ready.gov/kit)
- Do a crossword puzzle by a warm fireplace.

## PRIZE SPONSORS



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FOR 5 FREE GAMES**

**UK College of  
Fine Arts**

Singletary Center for the Arts

**2 TICKETS FOR A  
SHOW IN APRIL**



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**[lfchd.org/wellnesspassport](http://lfchd.org/wellnesspassport)**

