

# SPRING 2026 WELLNESS PASSPORT

**WIN  
PRIZES**

Snap a picture of the 10 activities you complete and enter for prizes!  
Next prize drawing June 30!

## Physical Wellness

- Run/Walk a 5K
- Make a Healthy Recipe
- Walk or Bike a Trail
- Attend a Health Class
- Play a Sport With Friends
- Get a Vaccine
- Mow Your Yard
- 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
- Attend a Financial Literacy Workshop

## 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

## April

- April 11, Free Community 5K, 7:30 a.m., 3090 Helmsdale Place, Lexington, KY. Hosted by John's Run/Walk Shop. (See [johnsrunwalkshop.com/events](http://johnsrunwalkshop.com/events) for details.)
- April 12, Meal Planning and Grocery Shopping, 2:00 – 3:00 p.m., Beaumont Branch Library, Lexington, KY. Presented by the Lexington-Fayette County Health Department.
- April 18, Free A1C Screening, 10:00 a.m. – 2:00 p.m., 545 N. Upper St., Lexington, KY, Dunbar Community Center. Sponsored by Bluegrass Lions Club and KAPAAW.
- April 18, Outdoor Pickleball Center Open House, 12:00 – 2:00 p.m., North Lexington YMCA, Lexington, KY. Hosted by the YMCA.
- April 18, Yoga at Gatton Park, 9:00 – 10:00 a.m., Recreation Lawn, Gatton Park, Lexington, KY. Part of the BLOOM spring season series; runs Saturdays April 18 – May 30.
- April 22, Mental Health Benefits of Gardens and Gardening Safely, 4:00 – 6:30 p.m., Tates Creek Branch Library, Lexington, KY. Presented by the Master Gardeners and Fayette County Extension.
- April 25, Diabetes Expo: All diabetes-focused vendors and free A1C, kidney and foot screenings. 9:00 a.m. – 12:00 p.m., 1625 Russell Cave Rd., Lexington, KY, Consolidated Baptist Church. Sponsored by the Fayette County Diabetes Coalition.

## May

- May 4, Understanding GLP-1 Medications, 11:00 a.m. – 12:00 p.m., Tates Creek Branch Library, Lexington, KY. Presented by Lexington-Fayette County Health Department.
- May 5, Mindfulness for Mental Health, 5:30 – 6:30 p.m., Marksbury Family Branch Library, Lexington, KY. Hosted by Lexington Public Library.
- May 16, Active Older Adult Walking Club, 9:30 a.m., Brighton East Trail, Lexington, KY. Hosted by the YMCA.
- May 20, Nutrition for Older Adults (with food demo), 11:00 a.m. – 12:00 p.m., Eastside Branch Library, Lexington, KY. Hosted by Lexington Public Library.
- May 23, Chair Yoga, 11:00 a.m. – 12:00 p.m., Beaumont Branch Library, Lexington, KY. Hosted by Lexington Public Library.
- May 16, Free Community 5K, 7:30 a.m., Talon Winery and Vineyards, Lexington, KY. Hosted by John's Run/Walk Shop.

## June

- June 20, Active Older Adult Walking Club, 9:30 a.m., UK Arboretum, Lexington, KY. Hosted by the YMCA.

## 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.
- 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](http://events.lexpublib.org/events?r=thismonth)
- Visit an Art Exhibit, [lexarts.org/discover/lexarts-hop/](http://lexarts.org/discover/lexarts-hop/)

Participation in Wellness Passport activities are free of charge, open to the public, and are the choice of the participant. Lexington-Fayette County Health Department shall not be responsible for any injuries or losses sustained from participation in Wellness Passport activities.

## PRIZE SPONSORS



GIFT CERTIFICATE  
FOR SHOES

**KENTUCKY  
KINGDOM**  
THEME & WATER PARK  
4 ONE-DAY TICKETS



2 TICKETS



scan to enter  
or go to  
[lfchd.org/wellnesspassport](http://lfchd.org/wellnesspassport)

