

SUMMER 2026

WELLNESS PASSPORT

YOUR TICKET TO A HEALTHIER YOU!

Complete
activities
and enter to
**Win
prizes!**

Physical Wellness

Emotional Wellness

Financial Wellness

**Environmental
Wellness**

**Intellectual
Wellness**

Social Wellness



scan to register

for more info go to
LFCHD.org/wellnesspassport



**GIFT CERTIFICATE
FOR SHOES**



2 TICKETS



**TICKETS FOR
GROUP OF 5**

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.

SUMMER 2026 WELLNESS PASSPORT

**WIN
PRIZES**

Snap a picture of the 10 activities you complete and enter for prizes!

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
- Volunteer in the Community
- 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
- Visit a Museum
- Do a Crossword Puzzle



scan to register

**Next prize drawing
September 30!**

