

FALL 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
or call**

859-288-2344



**GIFT CERTIFICATE
FOR SHOES**



GIFT CARDS

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.

FALL 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



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**Next prize drawing
December 30!**

