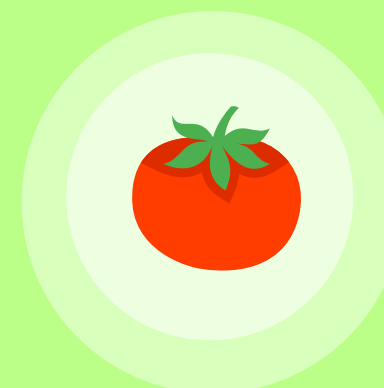


A HEALTHIER YOU

Are you interested in improving your overall health? Try following an eating plan high in vegetables, fruits, whole grains, and fat free or low fat milk products. Bullitt County residents should try to get at least 150 minutes of exercise per week. Get started by using some of the resources listed below!



EAT SMART: Nutrition and Chronic Disease Support



-  **Bullitt County Extension Office, 502-543-2257**
-  **Bullitt County Health Department, 502-543-2415**
-  **KIPDA, 502-266-5571 or www.kipda.org**
-  **Bullitt County Senior Center, 502-543-3455**
-  **Check your local grocery store for discounted produce**
-  **Dare To Care food pantry sites:**
 - First Baptist Shepherdsville, 502-543-7721
 - First Baptist Mt Washington, 502-538-7361
 - Little Flock Baptist, 502-955-8760
 - Lebanon Junction, 502-833-4954



MOVE MORE: Free or Low Cost Exercise



-  **Bullitt County Parks and Recreation, 502-543-4592:**
 - Shepherdsville City Park, 502-543-2923
 - Mt. Washington City Park, 502-538-7922
-  **Bernheim Arboretum and Research Forest, 502-955-8512**
-  **YMCA, Shepherdsville, 502-543-3985. Ask about Silver Sneakers.**



For more information on health and wellness resources available in your community, contact Madri Hall-Faul at 502-266-5571 or madri.faul@ky.gov.

KIPDA Aging and Disability Resource Center offers information, assistance and referrals for issues affecting older persons and people with disabilities regardless of their income - 502-266-5571

You can also call Metro United Way's 211 resource line for referrals to many other resources. Simply dial **2-1-1** or visit www.211.org to search their resource database.



Ready, set, go!

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