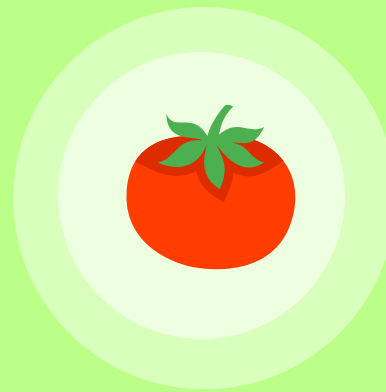


A HEALTHIER YOU

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. Henry County residents should try to get at least 150 minutes of exercise per week. Get started by using some of the resources listed below!

1

EAT SMART: Nutrition and Chronic Disease Support



- 📍 KIPDA, 502-266-5571 or www.kipda.org
- 📍 North Central District Health Department, Amanda Stoess: 502-633-1243 or www.ncdhd.com
- 📍 Health and Wellness Coalition of Henry County, Community Organizer - Mona Huff 502-845-6849 or monahuff616@gmail.com
- 📍 Henry County Help Center, 502-777-0970
- 📍 Check your local grocery store for discount produce

2

MOVE MORE: Free or Low Cost Exercise

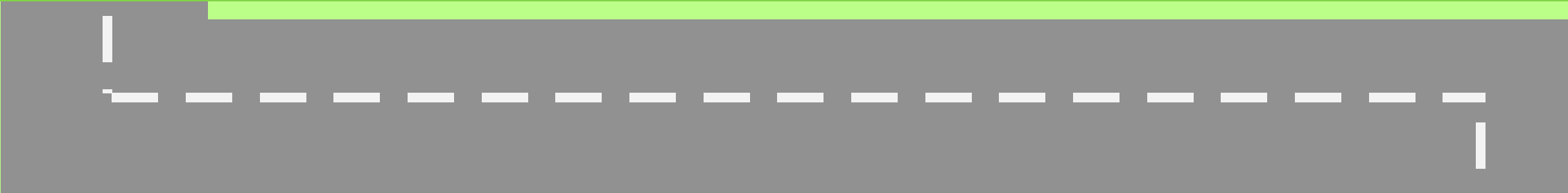


- 📍 City of Eminence Walking Trail
- 📍 Henry County Recreational Park (HWY 421 North of New Castle)
- 📍 Henry County High School Track
- 📍 Community Cemeteries (New Castle, Franklinton)
- 📍 Women's Total Fitness, 502-845-5342. Ask about SILVER SNEAKERS
- 📍 Henry County Extension Office, 502-845-2811
- 📍 Empower Me Fitness Center, 502-554-7247

Are you looking for support during your health journey? The North Central District Health Department has started a My Health Matters group on the second Monday of the month from 5:30pm - 7:00pm. Call Mona Huff for more information - 502-845-6849

KIPDA Aging and Disability Resource Center provides 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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