

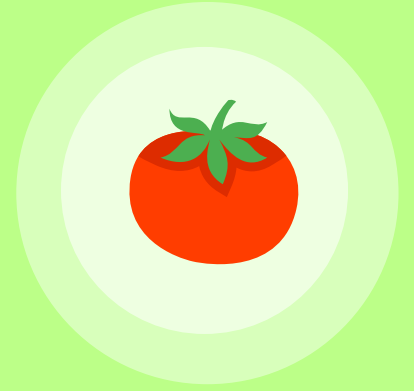


A HEALTHIER YOU

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. Oldham 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



- 📍 Oldham County Extension Office, 502-222-9453
- 📍 Oldham County Health Department, 502-222-3516
- 📍 KIPDA, 502-266-5571 or www.kipda.org
- 📍 Mission Crestwood, 502-241-1174
- 📍 Oldham County Senior Center, 502-222-1349
- 📍 Check your local grocery store for discounted produce

2

MOVE MORE: Free or Low Cost Exercise



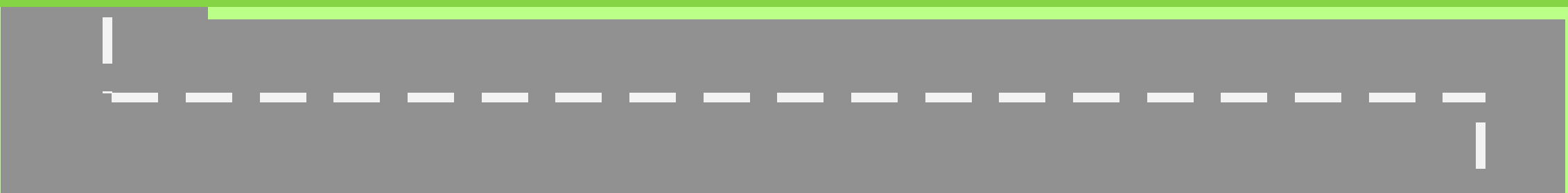
- 📍 **Oldham County Parks and Recreation, 502-225-0655:**
 Briar Hill Park
 Wendell Moore Park
 Westport Park
 Peggy E. Baker Park
 Morgan Conservation Park
- 📍 **Greenways Trail, Commerce Parkway**
- 📍 **YMCA, Buckner, 502-222-9358. Ask about Yoga for Chronic Disease and the LiveSTRONG program.**



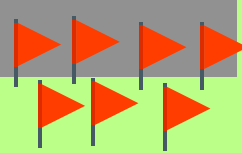
For more information on health and wellness resources available in your community, contact Madri Hall-Faul at 502-266-5571 or madri.faul@ky.gov.

KIPDA Aging & 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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