

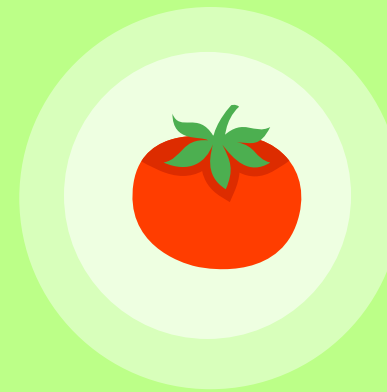


A HEALTHIER YOU

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. Shelby 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



- 📍 Shelby County Extension Office, 502-633-4593
- 📍 North Central District Health Department, Amanda Stoess: 502-633-1243 or www.ncdhd.com. Ask about the Health and Wellness Coalition of Shelby County!
- 📍 KIPDA, 502-266-5571 or www.kipda.org
- 📍 The Serenity Center, 502-647-5555
- 📍 Centro Latino, 502-647-3349
- 📍 Check your local grocery store for discount produce

2

MOVE MORE: Free or Low Cost Exercise



- 📍 Shelby County Parks and Recreation, 502-633-5059:
Clear Creek Park, Red Orchard Park, Shelby Trails Park, Finchville Park, Greenway Trail, Lake Shelby Campground
- 📍 Clear Creek Family Activity Center (FAC), 502-633-5059
- 📍 Silver Sneakers Benefits - Are you 65+? Call your health plan's customer service to see if you have this benefit for free gym access.
- 📍 Shelby County Public Library, FREE Yoga for Seniors, 502-633-3803

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 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!

Funding for this project was made possible by the American Planning Association as part of a U.S. Centers for Disease Control and Prevention Department of Community Health Initiative.

