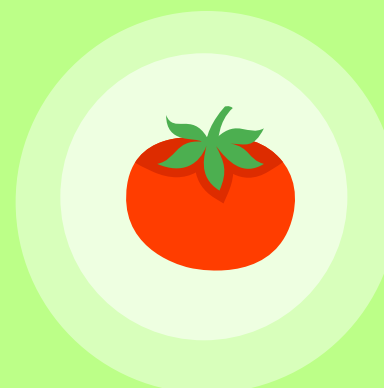


# A HEALTHIER YOU

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. Spencer 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



- 📍 **Spencer County Extension Office, 502-477-2217**
- 📍 **North Central District Health Department, Amanda Stoess: 502-633-1243 or [www.ncdhd.com](http://www.ncdhd.com)**
- 📍 **Health and Wellness Coalition of Spencer County, meets 2nd Thursday of every month at Spencer County Public Library, 10:00am - 11:30. Contact Amanda Stoess, 502-633-1243**
- 📍 **KIPDA, 502-266-5571 or [www.kipda.org](http://www.kipda.org)**
- 📍 **Multipurpose Community Action Agency (Spencer County Senior Center), 502-477-8296**
- 📍 **Check your local grocery store for discounted produce**

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## MOVE MORE: Free or Low Cost Exercise



- 📍 **Spencer County Parks and Recreation, 502-376-9850:  
Waterford Community Park  
Ray Jewell Memorial Park**
- 📍 **Taylorville Lake State Park, 502-477-8713**
- 📍 **Anytime Fitness, 502-774-0348. Ask about Silver Sneakers.**



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 every month from 5:30pm - 7:00pm. Contact Amanda Stoess for more information: 502-633-1243

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](http://www.211.org) to search their resource database.



## Ready, set, go!

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