



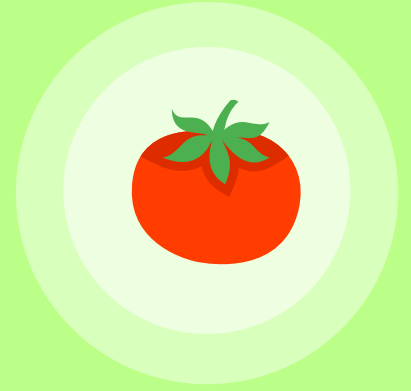
A HEALTHIER YOU

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. Trimble 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
- 📍 Check your local grocery store for discount produce
- 📍 Morgan Community Center, 502-255-3684

2

MOVE MORE:

Free or Low Cost Exercise



- 📍 Trimble County Public Park Walking Trails
- 📍 Trimble County High School Track
- 📍 Milton City Park
- 📍 Trimble County Public Library - FREE Yoga every Monday night from 6:00pm - 7:00pm. 502-255-7362
- 📍 Morgan Community Center indoor gym, 502-255-3684



Are you looking for community support in your health journey? Join the Trimble County Health and Wellness Coalition! The coalition meets on the first Thursday of every month from 10:00am - 11:30am at the Morgan Community Center. For more information, contact Shawna Jent: 502-663-0045.

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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