



2019 Wellness Challenge

Sponsored by:



#getyourmoveon

www.cctivitycoalition.com



Clark County Activity Coalition

Participation

- ◆ Participants must be at least 12 years or older to register.
- ◆ In order to be eligible for prizes participant must:
 - ◆ Complete a registration form and weigh in on the day of registration.
 - ◆ Be 18 years of age or older.
 - ◆ Weigh in at least 5 times and attend 5 different classes. Two of the 5 weigh-ins must include registration and the final weigh-in.
 - ◆ Additional prizes will be awarded at the Challenge Finale on May 18th. Participants must be eligible and present to win.
- ◆ Weigh-ins are held on Wednesdays during the Challenge. See below for hours. **You must weigh in at the same location every time.**
- ◆ Prizes will be awarded to the top three male and female participants who have lost the largest % bodyweight.
- ◆ To calculate % lost, subtract your May 15th weight from your registration weight. Divide that number by your registration weight. Multiply by 100. Winners will be awarded based on the largest percentage of weight loss over 10 weeks.
- ◆ Participants must be eligible and present to win the additional prizes that will be awarded at the Challenge Finale May 18th.

WEDNESDAY WEIGH IN LOCATIONS

WINCHESTER-CLARK COUNTY PARKS & RECREATION

6:00am-8:00pm
15 Wheeler Ave
(859)744-9554

CLARK CLINIC B WELLNESS CENTER

8:30am-12:30pm
225 Hospital Dr, Suite 155
(859)737-8454

CLARK COUNTY HEALTH DEPARTMENT

8am-4:30pm
400 Professional Ave
(859)744-4482

WINCHESTER FAMILY PRACTICE

9am-4pm
4 N Highland St.
(859)744-1445



Special Offers: Food

Unless otherwise indicated, all offers are valid February 27th—May 15th

Cairn Coffee House

17 South Main Street

www.cairncoffee.com

859-737-2000

**Present Wellness Challenge
card for 10% off coffee &
\$1.00 off salads**

Champions Nutrition

1103 Pioneer Drive

859-365-8679

**Present Wellness Challenge
card for \$2.00 off the
Champions Special**

Full Circle Market

240 Redwing Drive

www.fullcirclemarket.com

859-744-3008

**Pick up discount card at Full
Circle Market**

Gaunce's Deli and Café

853 Bypass Road

www.gaunces.com

859-744-8664

**Present Wellness Challenge card
for \$1.00 off salads**

Jimmy John's

2 Carol Road

www.jimmyjohns.com

859-385-4187

**Present Wellness Challenge card
for 10% off purchase**



Special Offers: Fitness

Cross Fit Strobe Station

4793 SUITE A ROCKWELL ROAD

<https://crossfitstrodestation.com>

- * Join us on Saturday's @ 9AM for Community Cross Fit. Present your Challenge Participant card to receive your Cross Fit punch card that is good for 10 free classes! For more information call [\(502\) 694-0588](tel:5026940588).

SATURDAY

9:00am

Community CrossFit

The OM Place

815 QUISENBERRY LANE

www.theomplace.net

- * New visitors receive 5 FREE CLASSES from those listed below. Present Wellness Challenge Card the first time at the studio, and we will create an account for 5 classes to be used throughout the Challenge.

MONDAY

6:00-7:00pm

Yoga Basics

TUESDAY

6:00-7:00pm

OM fit

THURSDAY

6:00-7:00pm

Yoga Basics

- * *Yoga Basics: This introductory yoga class is perfect for those new to yoga or those looking for a relaxing stretch at the end of a long day.*
- * *OM fit is a low-impact, high-energy workout that combines agility, cardio, resistance training, and core work to build and tone muscle while burning fat and calories.*

The Traveling Trail Wednesday Lunch Walk

2020 BYPASS ROAD PARKING LOT LOCATED OFF BYPASS ROAD

Get out of the office during lunch and go for a walk!! Every Wednesday during the Challenge at 12:00pm join environmental educator Erin Sliney for

light stretches and a pleasant 1-mile (or more!) stroll on this scenic mowed path. For questions, contact esliney@clarkambition.org.

Winchester-Clark County Parks and Recreation (WCCPR)

15 WHEELER AVE

www.winchesterparksandrec.org

- * Wellness Challenge Participants receive access to multiple free fitness classes and free fitness room orientations. See list of free classes below.
- * Childwatch available to Wellness Challenge participants for children ages 1-12 years. Cost: \$2 for first child, \$1 each additional child for up to 2 hrs.

MONDAY	9:30 a.m.	SILVER SNEAKERS
	5:15 p.m.	ZUMBA
	6:15 p.m.	BOOTCAMP
TUESDAY	9:00 a.m.	TRX GROUP
	10:00 a.m.	SILVER SNEAKERS
	11:15 a.m.	SILVER SNEAKERS YOGA
	5:15 p.m.	ZUMBA
	6:30 p.m.	FITNESS ROOM ORIENTATION (Sign up at front desk)
WEDNESDAY	9:00 a.m.	TRX GROUP
	9:30 a.m.	SILVER SNEAKERS
	10:30 a.m.	SILVER SNEAKERS CARDIO
	5:15 p.m.	ZUMBA
THURSDAY	6:00 a.m.	GROUP TRX
	9:00 a.m.	TRX GROUP
	10:00 a.m.	SILVER SNEAKERS
	4:15 p.m.	TRX GROUP
	5:15 p.m.	ZUMBA
FRIDAY	9:30 a.m.	SILVER SNEAKERS
SATURDAY	9:00 a.m.	BEGINNING TRX
	9:00 a.m.	BOOTCAMP
	10:00 a.m.	ZUMBA

- * Want access to ALL classes, fitness room and pools? Wellness Challenge Participants who have **NOT** been members of our facility for the past 6 months can purchase a \$50 Challenge Membership to Parks and Rec, valid from the date of purchase through May 15th. Membership includes full access to the facility and fitness classes. **Cost \$50.**

WholyFit - Gentle Body Power and Fusion Classes

CALVARY CHRISTIAN CHURCH, 15 REDWING DR

www.facebook.com/winchesterWholyfit

- * Beginning March 6th, receive 5 free classes on Mondays and 5 free classes on Thursdays. Classes held in the chapel at Calvary Christian Church's Redwing campus, 6:30—7:30pm. Enter through Entrance E. Present your Wellness Challenge card at your first visit to receive your punch card. For more information visit our Facebook page or contact Kym Pelfrey at [\(859\)-](tel:859-555-5555)

576-9561 or by email at kypelfrey@wholyfit.org. (Be sure to put Wellness Challenge in the subject line!)

Winchester Run-Walk Club

9 WEST LEXINGTON AVE (meets at Engine House Deli)

www.facebook.com/WinchesterRunWalk

- * Join fellow runners and walkers for downtown exploration while getting exercise. The weekly run-walk begins and ends at the Engine House Deli and Pub Thursday evenings any time between 5:00 and 7:00. From there, run or walk on one of our suggested courses or choose your own adventure. Keep coming back for the company, food/drink and milestone awards, starting with a stylish t-shirt with your 5th run-walk. Starts Thursday, March 7th!! For questions, email winchester.run.walk@gmail.com.

2019

Description of Classes

Clark County
Wellness Challenge

February

CHALLENGE BEGINS!

**February 27th: PRE-REGISTRATION &
Kick-Off at Winchester Clark Co Parks & Rec**

**March 6th: Registration
at participating weigh-in locations.**

Clark County Public Library

Visit the Clark County Public Library during The Challenge and we'll help you achieve Wellness success. The Library has resources related to fitness, health, nutrition, mindfulness, yoga, running, Zumba and much more. Sample materials will be on display at the front of the Library during The Wellness

March

March 2, 10:00-11:00am

Check Yo'Self: Understanding WHY You Keep Getting Hurt and How Injuries Happen

Join Ryan Shelton, Physical Therapist and Owner of PhilanthroPT, as he teaches you how to be your own movement doctor. Learn how major joints in the body contribute to movement and exercise, how to self-assess your own flexibility/strength, and where to look if exercise becomes painful. Most people can treat their own aches and pains - the first step is knowing where to start. WCCPR, 15 WHEELER AVE

March 7, 6:30pm

Self-Defense Class

Join backcountry skills instructor Craig Caudill from the Nature Reliance School as he guides participants in Avoidance, Awareness, and Physical Defense strategies of self-defense. This will be an incredibly active anaerobic workout so come ready to work. We will take several breaks to catch your breath and to discuss how to bulletproof your mind so you can avoid physical assault before it happens. WCCPR, COLLEGE PARK GYM, 15 WHEELER AVE

March 9, 10am

Safety & Nature Awareness Walk

Also a professional backcountry skills instructor, join Craig Caudill from the Nature Reliance School as he leads participants in safety and awareness tips for the outdoors. The class will start indoors at College Park Gym with a look at the mindset, skills and gear you need to enrich your life by walking, hiking, backpacking and taking in all the outdoors has to offer. We will then progress to see the rich amount of inspiring things in nature that you can find in the suburban setting of College Park. You will be amazed at how much you have been missing and will learn how to avoid missing it any longer for your next hike. WCCPR, COLLEGE PARK GYM, 15 WHEELER AVE

March 11, 18, 25 12:00-1:00pm

Healthy Choices for Every Body Series

The Healthy Choice for Every Body series is designed to educate the whole family with new ways to eat healthy and exercise for maintaining a healthy lifestyle. Each lesson of this series will include a recipe demonstration and tips on topics such as meal planning, eating better on a budget, and weight management. There will be drawings and prizes for participation. **Pre-registration is required** by calling the extension office at [\(859\)-744-4682](tel:859-744-4682). Taught by Nutrition Education Program Assistant Sandy Kennedy. **(Series Repeats in April)**. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

March 11, 6:00pm

Running into Better Fitness

Are you a runner or interested in beginning to run as a form of exercise? This class will teach you how to safely begin or progress a running program so that you can meet your fitness goals, as well as different exercises to improve your strength and mobility to reduce your risk for injury. Instruction will be hands-on and people of all activity levels are welcome. **Registration required**. Max number = 10. Class 1.5-2 hrs. Call [\(859\)-385-4888](tel:859-385-4888) to reserve your spot. RESILIENCE PHYSICAL THERAPY, 1932 BYPASS RD

March 12, 5:30-6:30pm

The Keto Bandwagon

Come learn what it means to get your body into ketosis for weight loss. The keto bandwagon is so much more than high fat! It's also about low carb, no sugar, eating clean and intermittent fasting! If you'd like to learn more about all these things, join us! Includes tastings and recipes. **Register** by calling [\(859\)-744-3008](tel:859-744-3008). Class limit: 12 people. Offered again March 15 and March 23. FULL CIRCLE MARKET, 240 REDWING DR

March 12, 6:00-7:30pm

Intro to Smart Cycling

Become a safer, more confident bicycle rider with this short safety course provided by Walk-Bike Clark County. Learn about parts of a bike, essential equipment, and how to safely and comfortably ride in various traffic conditions, terrain and climates. Course taught by a League Certified Instructor. Learn to be a better cyclist and to share the road. For questions email bpac@ccgisonline.com. CLARK CO PUBLIC LIBRARY, 370 S BURNS AVE

March 12, 6:00pm

Eating Healthy Using the Instant Pot™

Want to eat better but feel like you don't have time to make healthy meals? Join Family and Consumer Science Agent Shonda Johnston to learn the basics of how an electric pressure cooker (like an Instant Pot™) works and see how this appliance can make cooking nutritious meals easier. Includes hands-on demonstration of meal prep, recipe tastings, and drawings for recipe books and other prizes. **Pre-registration is required** by calling [\(859\)-744-4682](tel:859-744-4682). CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

March 13, 6:30 – 7:30 p.m.

Walking the Walk:

Lifestyles for Continued Health and Wellness

A panel of Winchester-Parks and Recreation fitness instructors and members will share their weight loss stories with you, including the varied routes through which they were able to maintain weight loss success. Participants will be able to ask questions and share thoughts on options, goal setting, and more. WCCPR, 15 WHEELER AVE

March 15, 12:30-1:30pm

The Keto Bandwagon

See full description on March 12th. Includes tastings and recipes. **Register** by calling [\(859\)-744-3008](tel:859-744-3008). Class limit: 12 people. Offered again March 23rd with no class limit. FULL CIRCLE MARKET, 240 REDWING DR

March 16, 10:00am

Guided Bicycle Tour

Enjoy a leisurely bicycle ride through the alleys around College Park. You may bring your own bicycle. Bicycles, helmets, and children's trailers are available on-site. If you are planning to borrow a bicycle, arrive at 9:30am, so you can be properly fitted. Hosted by Walk-Bike Clark County. For questions email bpac@ccgisonline.com. WCCPR, 15 WHEELER AVE.

March 16, 2:00-3:00pm

Treat Yo'Self: Taking Care of Your OWN Body

Join Ryan Shelton, Physical Therapist and Owner of PhilanthroPT, as he teaches you the basic principles of movement, exercise, and physical therapy.

When is it appropriate to push through pain and when it's best to rest?

How can movement and exercise be used to treat aches and pains?

Come learn as you continue your wellness journey. This class is perfect for anyone interested in learning how to handle the unexpected consequences of getting active and staying active.

WCCPR, 15 WHEELER AVE

March 18, 12:00-1:00pm

Healthy Choices for Every Body Series

See March 11th for class description, meeting location and required pre-registration information.

March 18, 6:00pm

How to Conquer Low Back Pain in the Pursuit of Wellness

Low back pain can be a major limiting factor for many individuals pursuing fitness and wellness. Let our team teach you how to overcome this challenge and get back to the activities you enjoy! This class will show you how to decrease your pain and exercise safely. Max number= 10. 1-1.5 hours. **Call (859)-385-4888 to reserve your spot.** RESILIENCE PHYSICAL THERAPY, 1932 BYPASS RD

March 19, 10:00am-12:30pm

Family and Friends CPR
American Heart Association

The American Heart Association's Family and Friends CPR course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR, adult and child AED use, infant CPR, and choking relief for adults, children, and infants. This course is intended for anyone who wants to learn CPR. **To register** call [\(859\) 556-5913](tel:859-556-5913) or e-mail at skinnovations4u@gmail.com.

SKINNOVATIONS INC. 501 W LEXINGTON AVE

March 19, 5:00-7:00pm

Mobility Screening

Join KORT Physical Therapy Winchester for complimentary consultations and free mobility screens! Having pain? Sit down with a physical therapist one-on-one for a consultation. Not having pain? Come in for a free mobility screen to assess your movement. Call [\(859\)-744-4411](tel:859-744-4411) to schedule a time. KORT PHYSICAL THERAPY, 1547 BYPASS RD

March 19, 5:30-6:30pm

The Scoop on Protein Powders

Want to incorporate protein powders into quick smoothies and meal replacement drinks? We'll cover whey protein, plant based proteins (such as pea and rice), as well as bone broth protein. Includes tastings and recipes. **Register** by calling [\(859\)-744-3008](tel:859-744-3008). Class limit: 12 people. Offered again March 22nd and 23rd. FULL CIRCLE MARKET, 240 REDWING DR

March 19, 6:30pm

Hunting 101 Workshop

Hunting wild game requires a level of physical fitness to pursue game, and allows a chance to enjoy nature's beauty, and if you are successful, a fresh, healthy protein source...wild game meat! This workshop provides an overview of outdoor stewardship, ethics, and woodsmanship. Learn to get started in the sport of hunts, resources available for the beginning hunter, & some small habitat improvements to make a huge difference to your property's wildlife population. **Pre-registration is required—call** [\(859\)-744-4682](tel:859-744-4682). before March 18th. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

March 21, 5:30-6:30pm

How to Use Journaling to Boost Your Wellness Success

Studies show that journaling behavior provides more lasting results. Mayo Clinic Wellness Coach Gina Lang offers tips and tricks to start your journal. Call [\(859\)-771-6033](tel:859-771-6033) or email gina.lang@gmail.com to register for the class.

Registration Required. Each person will receive a simple starter journal to jumpstart success! Provided by Day One. WCCPR, 15 WHEELER AVE

March 21, 6:00-7:00pm

Diabetes Support Group

If you have diabetes, getting support is very important. Connecting with others who have diabetes can help you stay motivated to take care of yourself by offering both practical and personal support. According to a 2012 study in *Diabetes Research and Clinical Practice*, those with diabetes who attend support groups are more successful at maintaining, or even improving, their health. Join others to discuss ways to gain better health outcomes! For both Type I and Type II, alike. CLARK CO HEALTH DEPARTMENT, 400 PROFESSIONAL AVE

March 22, 12:30-1:30pm

The Scoop on Protein Powders

See full description on March 19th. Includes tastings and recipes. Register by calling [\(859\)-744-3008](tel:859-744-3008). Class limit: 12 people. Offered again March 23rd. FULL CIRCLE MARKET, 240 REDWING DR

March 23, 12:30-1:30pm

The Scoop on Protein Powders

See full description on March 19th. Includes tastings and recipes. Register by calling [\(859\)-744-3008](tel:859-744-3008). NO Class Limit. FULL CIRCLE MARKET, 240 REDWING DR

March 23, 3:00-4:00pm

The Keto Bandwagon

See full description on March 12th. Includes tastings and recipes. **Register** by calling [\(859\)-744-3008](tel:859-744-3008). No Class Limit. FULL CIRCLE MARKET, 240 REDWING DRIVE

March 24, 9:00am

Long Hike at Lower Howard's Creek

Explore the Salt Spring Trace to the North Fork of the Preserve. This moderately strenuous hike begins at the John Holder Trail behind Halls on the River. **To RSVP**, contact Karis Pumphrey at [\(859\)-806-2466](tel:859-806-2466).

1225 ATHENS-BOONESBORO RD

March 25, 12:00-1:00pm

Healthy Choices for Every Body Series

See March 11th for class description, meeting location and required pre-registration information.

March 25, 6:00pm

Pain Free Core Training

Developing a strong and healthy midsection can be difficult without the right approach. This class will teach how to properly train your core in a safe, effective manner, how the middle of our body works together to improve function, safe training positions, and the importance of breathing patterns. Instruction is hands on and includes an overview of what constitutes the "core." Max number= 10. 1-1.5 hours. Call [\(859\)-385-4888](tel:859-385-4888) to **reserve your spot**.

RESILIENCE PHYSICAL THERAPY, 1932 BYPASS RD

March 26, 6:00pm

Container Gardening

You don't need a large amount of space to enjoy the benefits of gardening. This session is designed for those that don't have the right conditions, space, or ability for traditional gardening. Learn to choose the right container size, soil media mixture, fertilizing and irrigating, care and maintenance, etc. **Registration required** by Tuesday, March 19th by calling [\(859\)-744-4682](tel:859-744-4682) or by email, ccarr@uky.edu. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

March 28, 5:30-6:00pm

Understanding Your Metabolism

Mayo Clinic Wellness Coach, Gina Lang, explains the basics of metabolism and ways to increase yours. Metabolism is individual and there can be up to a 900 calorie difference between the calories each person needs to function. If you have struggled on most weight loss programs, your metabolism may be the culprit. Call [\(859\)-771-6033](tel:859-771-6033) or email gina.lang@gmail.com to register for the class. Herbal detox tea will be served. Provided by Day One. WCCPR, 15 WHEELER AVE

March 28, 6:00-6:45pm

Benefits to Eating more Plant Based Foods

Gina Lang, Mayo Clinic Health and Wellness Coach, will review the benefits of eating more plants in your diet not just for your health but for the environment! Recently Lang finished a plant-based nutrition course taught by Dr. T. Colin Campbell at Cornell University and finds his research so compelling she must share! Call [\(859\)-771-6033](tel:859-771-6033) or email gina.lang@gmail.com to register for the class. WCCPR, 15 WHEELER AVE

March 28, 6:00pm

Raised Bed Gardening

Raised bed gardening has become very popular and beneficial when good garden soils are not available to homeowners. This session will discuss the considerations for establishing, and caring for raised bed gardens and introduce participants to some special techniques such as straw bale gardening. **Registration required** by Tuesday, March 19—call [\(859\)-744-4682](tel:859-744-4682) or email, ccarr@uky.edu. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

April 1, 6:30pm

Backyard Poultry Basics

Managing a small poultry flock offers many rewards to the owner including, the physical activity it takes to care for the birds, the fresh food products the

April

birds provide, and the rewarding satisfaction of a job well done! This backyard poultry basics class will discuss how to get started with backyard chickens, proper housing, nutrition, and overall care for the animals.

Please RSVP to the Extension Office by calling [\(859\)-744-4682](tel:859-744-4682) before March 29th. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR

April 2, 6:00-7:30pm

Intro to Smart Cycling

See full description on March 12th. Walk-Bike Clark County presents a short bicycle safety course. Course is taught by a League Certified Instructor. Questions- email bpac@ccgisonline.com. CLARK CO PUBLIC LIBRARY, 370 S BURNS AVE.

April 3, 5:00pm

Grocery Store Tour – Kroger

Join a Registered Dietitian on a tour to learn how to make healthy food choices, save money, and read food labels to improve wellness. Instructor will be located in the shopping cart area with a clipboard. Class size limited to 8 people. **RSVP at Brynnan.jacobs@lpnt.net** to reserve your spot!

KROGER, 1661 BYPASS RD

April 6, 10:00-11:00am

Invest Yo'Self

Finding Meaning and Purpose for a Healthy Life

Join Ryan Shelton, Physical Therapist and Owner of PhilanthroPT, as he discusses the hurdles of creating healthy habits. Research shows that incentives are a great motivator and motivation is essential for behavior change. We will discuss how investing in others can help motivate you to reach your fitness and exercise goals. If you are interested in using your new found healthy habits for the benefit of yourself AND Clark County, please come and join the conversation. WCCPR, 15 WHEELER AVE

April 7, 2:00pm

Litter Pick up with WIN

Join Winchester Inspired by Nature (WIN) for a litter pick up! We'll provide gloves, bags, and hand sanitizer and break off into small groups to pick up around the playground, park grounds, and around the gym. Meet at College Park Pavilion. Direct any questions to WInspiredByNature@gmail.com.

April 9, 6:00pm

Guided Bicycle Tour

See full description on March 16th. Enjoy a leisurely bicycle ride through the alleys around College Park. If planning to borrow equipment, arrive at 5:30, to be properly fitted. Hosted by Walk-Bike Clark County. For questions email bpac@ccgisonline.com. WCCPR, 15 WHEELER AVE.

April 10, 6:30-8:00pm

Whole30

Heard people talking about the WHOLE30 and wondered what it was? Looked at the program, but didn't know where to start? Come learn about this amazing eating plan from someone who successfully maneuvered the WHOLE30 and is reaping the benefits! It can be life changing! CLARK CO PUBLIC LIBRARY, 370 S BURNS AVE

April 11, 6:00pm

Establishing a Meditation Practice for Stress Reduction

Cindy Reed (LCSW) is a Licensed Clinical Social Worker with a Master's Degree from the UK and 20 years' experience in the field. The breath is used for the intentional and non-judgmental focus of one's attention on what is occurring in the present moment. This can be trained by practice but will always be a practice/no one is mindful all the time. The practice offers a way to break old emotional habits and replace them with more thoughtful and effective patterns. The class itself will be a mix of education and practice and all levels of physical ability are welcome. WCCPR, 15 WHEELER AVE

April 11, 6:00pm

Disc Golf Beginners Clinic

Join us for a Disc Golf Beginners Clinic at Iron Works Disc Golf Course! Welcome to all levels of players, including the earliest beginner! Learn the rules of the game and basic play. Loaner discs will be available to all who attend. Please make sure to wear appropriate clothing and shoes for this cool weather activity! IRON WORKS DISC GOLF COURSE, 4980 IRONWORKS RD

April 12, 10-11am

Grocery Store Tour - Kroger

Join a registered Dietitian on an hour tour around Kroger to learn how to make healthy food choices, save money, and how to read food labels to improve wellness. Class size limited to four people. Instructor will be in the shopping cart area with a clip board. **Register** by emailing Cara O'Neill at caraj.oneill@ky.gov. KROGER, 1661 BYPASS RD

April 13, 10:00-11:30am

Whole30

Have you heard people talking about the WHOLE30 and wondered what it was? Have you looked at the program, but didn't know where to start? Come and learn about this amazing eating plan from someone who successfully maneuvered the WHOLE30 and is reaping the benefits! It can be life changing! CLARK CO PUBLIC LIBRARY, 370 S BURNS AVE

April 14, 2:00pm

Disc Golf Beginners Clinic

Join us for a Disc Golf Beginners Clinic at Iron Works Disc Golf Course! Welcome to all levels of players, including the earliest beginner! Learn the rules of the game and basic play. Loaner discs will be available to all who attend. Please make sure to wear appropriate clothing and shoes for this cool weather activity! IRON WORKS DISC GOLF COURSE, 4980 IRONWORKS RD

April 15, 22, 29 12:00-1:00pm

Healthy Choices for Every Body Series

The Healthy Choice for Every Body series is designed to educate the whole family with new ways to eat healthy and exercise for maintaining a healthy lifestyle. Each lesson includes a recipe demonstration and tips on meal planning, eating better on a budget, and weight management. Drawings and prizes for participation. **Pre-registration is required—call** the extension office at [859-744-4682](tel:859-744-4682). Series taught by Nutrition Education Program Assistant Sandy Kennedy. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR.

April 16, 10:00am

Healthy Feet Keep You Moving!

The feet are the foundation of your body. Posture, balance, alignment, and organ function are just a few things that can be affected by your feet. Join us and learn how your feet can affect your overall health and wellness and tips on how to keep your feet healthy. Every participant will leave with a Daily Foot Inspection Checklist! Provided by Skinnovations. Call [\(859\)556-5913](tel:8595565913) or email skinnovations4u@gmail.com **to register for the class.** SKINNOVATIONS, 501 WEST LEXINGTON AVE

April 16, 6:00pm

Taking Care of Ourselves as We Age

Ever heard the quote *“If I'd known how old I was going to be I'd have taken better care of myself”*? The way in which you take care of yourself through the years, both physically and mentally, will impact the way in which you age. This interactive program highlights keys aimed at helping individuals through the aging process, including nutrition, physical and mental activity, etc. **Pre-registration is required** by calling [859-744-4682](tel:859-744-4682). Class will be taught by Family & Consumer Sciences Agent Shonda Johnston. CLARK CO COOP EXTENSION OFFICE, 1400 FORTUNE DR.

April 17, 6:00pm

Dr. Jean Jackson's Nutrition Basics

Explore the fundamentals of eating for health and wellness. Learn about nutrient recommendations, food groups and labels, portion sizes, fad diets,

and guidelines for physical activity and weight loss. BCTC, 2020 ROLLING HILLS LN

April 20, 10:00-11:00am

Grocery Store Tour – Kroger

Join a Registered Dietitian on a tour to learn how to make healthy food choices, save money, and read food labels to improve wellness. Class size limited to 8 people. **RSVP** by email to caraj.oneill@ky.gov to reserve your spot! KROGER, 1661 BYPASS RD

April 20, 10:30am-12pm

Swimming Workshop

Learn more about swimming! We will help you learn how to swim laps or make your swim strokes more refined. Proper swim attire, towel, water bottle, and goggles are recommended. All swimming abilities welcomed. Email wccpr.programming@gmail.com with questions. WWCP, 15 WHEELER AVE

April 22, 12:00-1:00pm

Healthy Choices for Every Body Series

See April 15th for class description, meeting location and required pre-registration information.

April 23, 10:00am-12:30pm

Family and Friends CPR American Heart Association

See March 19th for full description and **registration** details.

April 25, 6:00-7:00pm

Diabetes Support Group

If you have diabetes, getting support is very important. Connecting with others who have diabetes can help you stay motivated to take care of yourself by offering both practical and personal support. According to a 2012 study in *Diabetes Research and Clinical Practice*, those with diabetes who attend support groups are more successful at maintaining, or even improving, their

health. Join others to discuss ways to gain better health outcomes! For both Type I and Type II, alike. CLARK CO HEALTH DEPT, 400 PROFESSIONAL AVE

April 27, 10:00am

Swift Hike at Lower Howard's Creek

For the health enthusiast, we'll keep a steady pace through the Preserve and return within 2 hours. This strenuous hike begins at the Main Entrance on Athens-Boonesboro Rd. **To RSVP**, contact Karis Pumphrey at [\(859\)-806-2466](tel:859-806-2466). 1945 ATHENS-BOONESBORO RD

April 29, 12:00-1:00pm

Healthy Choices for Every Body Series

See April 15th for class description, meeting location and required pre-registration information.

May

May 3, 12:00pm

Eating Healthy Using the Instant Pot™

Want to eat better but feel like you don't have time to make healthy meals? Join FCS Agent Shonda Johnston to learn the basics of how an electric pressure cooker (like an Instant Pot™) works and see how this appliance can make cooking nutritious meals easier. There will be hands-on demonstration of meal prep, recipe tastings, and drawings for recipe books and other prizes. **Pre-registration is required** by calling [\(859\)-744-4682](tel:859-744-4682). CLARK COUNTY COOP EXTENSION OFFICE, 1400 FORTUNE DR.

May 7, 5:00-7:00pm

Healthy Living with Diabetes

Session 1 of 4. Taught by a Registered Dietitian, HLWD is a four class series that teaches you to cope with and manage your diabetes. The series includes tips for eating healthy and counting carbohydrates, being active, monitoring blood sugar, taking medications, reducing your risk of developing complications and more. **To register** contact Amy Williams, MS, RD, LD at [\(859\)-744-4482](tel:859-744-4482) or e-mail at AmyW.Williams@ky.gov. CLARK CO HEALTH DEPT, 400 PROFESSIONAL AVE

May 9, 10:00am

Healthy Feet Keep You Moving!

The feet are the foundation of your body. Posture, balance, alignment, and organ function are just a few things that can be affected by your feet. Join us and learn how your feet can affect your overall health and wellness and tips on how to keep your feet healthy. Every participant will leave with a Daily Foot Inspection Checklist! Provided by Skininnovations. Call [\(859\)556-5913](tel:8595565913) or email skininnovations4u@gmail.com to **register for the class.**

SKINNOVATIONS, 501 WEST LEXINGTON AVE

May 11, 10:00am

Yoga on the College Park Lawn

Join Yoga instructor Cindy Reed for a morning practice on the College Park Lawn. Mats available to borrow or bring your own! Dress in comfortable clothing and be ready for a delightful outdoor experience. In case of inclement weather, class will be held WCCPR fitness room. 370 SOUTH BURNS AVE
Inclement weather location: COLLEGE PARK, 15 WHEELER AVE

May 14, 5:00-7:00pm

Healthy Living with Diabetes

Session 2 of 4. See May 7th description. Following the Challenge, session 3 will be held on 5/21/19 and session 4 on 5/28/19.

May 15th
FINAL WEIGH IN!!
CONGRATULATIONS!!!!!!



LET'S CELEBRATE!!

MAY 18, 2019

Joe F. Reed Memorial Heart Walk
Registration 9am, Walk 9:30am.

Join nearly 1 million Americans at over 300 events across the country to build healthier lives, free of cardiovascular diseases and stroke. Visit heart.org/centralkywalk or call (859)371-6885.

Clark Regional Medical Center Community Health Fair and WELLNESS CHALLENGE FINALE

10AM—1PM

2019 Wellness Challenge Winners announced at Noon.
Health screenings...door prizes...giveaways...fitness classes...and more!

*The top three male and female participants with the largest % of body-weight lost will be announced, prize drawings held and prizes awarded.
Participants eligible for prize drawings must be present to win.*

CLARK REGIONAL MEDICAL CENTER
175 HOSPITAL DRIVE



After The Challenge

Remember these upcoming events provided by our community partners that occur after the Challenge.

MAY 19, 5:00pm

5TH ANNUAL RUN FOR THE PAWS

Join WCCPR at the BCTC Winchester Campus for a great run or walk to benefit the Clark Animal Shelter. All registrations are online at www.RunSignup.com. Please bring one item per racer to donate to the animal shelter. Plan to arrive 30 minutes early. Wellness Challenge participants receive a \$5 discount on registration. **Enter code wellness2019 at registration.** Call [\(859\)744-9554](tel:8597449554) for more information. THE GREEN AT BCTC, 2020 ROLLING HILLS LN

May 21 & 28, 5:00-7:00pm

Healthy Living with Diabetes

See May 7th for class description, meeting location and **required pre-registration** information.

**• NATURE •
RELIANCE •
SCHOOL**



WHOLYFIT™



The Greater Clark Foundation
AMBITION FOR A VIBRANT COMMUNITY



This event would not be possible without the generous support of our sponsors and supporters. Please make an opportunity to thank them for their contributions to the Clark County Wellness



RESILIENCE
PHYSICAL THERAPY

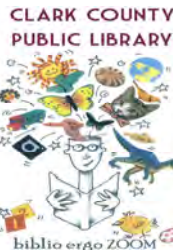


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