



2018 Wellness Challenge

Sponsored by:



Edward Jones®



SEKISUI



CLARK COUNTY
HEALTH DEPARTMENT
AND
HOME HEALTH AGENCY



day 1 one



#getyourmoveon

www.ccactivitycoalition.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. Those registering online must present to weigh in on March 7th or 14th at a weigh in location of your choice.
 - ◆ 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.
 - ◆ Not have won a previous Clark County Wellness Challenge or have had weight loss surgery within the previous two years.
- ◆ Weigh-ins are held on specific Wednesdays during the Challenge. See participant card for dates. **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 16th 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 19th.

WEDNESDAY WEIGH IN LOCATIONS

WINCHESTER-CLARK COUNTY PARKS AND RECREATION

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

CLARK COUNTY HEALTH DEPARTMENT

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

CLARK CLINIC B — WELLNESS CENTER — SUITE 155

8am-12/1-4PM
225 Hospital Dr
(859)737-8454



Special Offers: **Food & Fitness**

Unless otherwise indicated all offers are valid March 7th—May 16th

Cairn Coffee House

www.carincoffee.com

859-737-2000

Present Wellness Challenge
card for 10% Discount

Full Circle Market

www.fullcirclemarket.com

859-744-3008

Present Wellness Challenge
card for a Full Circle discount
card

Gaunce's Deli and Café

www.gaunces.com

859-744-8664

Present Wellness Challenge card
for a free fountain drink with
purchase

The OM Place

815 QUISENBERRY LANE

www.theomplace.net

- * Receive a 3 month subscription to The OM Channel with over 50 professionally-shot yoga videos for all levels. Email interest to erin@theOMplace.net to receive the free access link.
- * New visitors receive 5 FREE CLASSES from those listed below. Present Wellness Challenge Card at each visit.

MONDAY	6:00-7:00pm	Yoga, All Levels
TUESDAY	8:30-9:45am	Yoga, All Levels
	6:00-7:00pm	Om Fit, All Levels Challenge
WEDNESDAY	7:00-8:00pm	Fire & Flow, Challenging/Heated Room
THURSDAY	8:30-9:45am	Yoga, All Levels
	6:00-7:00pm	Yoga, All Levels
FRIDAY	8:30-9:30am	Om Fit, All Levels Challenge
SATURDAY	8:30-9:15am	Fire & Flow Express, Challenging/Heated Room
	9:30-10:15am	Rest & Recover, All Levels

Cross Fit Strobe Station

4793 SUITE A ROCKWELL ROAD

<https://crossfitstrodestation.com>

- * Receive 10 FREE CLASSES from the listing below. Present your Challenge Participant card to receive your Cross Fit punch card. For more information call (502) 694-0588.

Monday — Thursday	7:00pm	Kettlebell Bootcamp
Saturday	9:00am	Community CrossFit
Sunday	6:00pm	Restorative Yoga

Winchester-Clark County Parks and Recreation (WCCPR)

15 WHEELER AVE

www.winchesterparksandrec.com

- * Access to multiple free fitness classes and free fitness room orientations. See listing below.
- * **Current Non-members ONLY:** Purchase a membership to Parks & Rec valid from the date of purchase through May 16th. Membership includes full access to the facility & fitness classes. Cost: \$50
- * Receive discount on pre-registration for the Run for the Paws 5k event, May 20th, at BCTC. Must pre-register at www.RunSignup.com by May 16th. Use code “wellness2018” for a discount. Additional discount available for participants in the Couch to 5K Class.
- * 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 hours.

MONDAY	8 a.m.	FITNESS ROOM ORIENTATIONS*
	9:30 a.m.	SILVER SNEAKERS
	10:15 a.m.	AQUA SPLASH
	5:15 p.m.	ZUMBA
	7:15 p.m.	COUCH TO 5K
TUESDAY	10:00 a.m.	SILVER SNEAKERS
	10:15 a.m.	WATER AEROBICS
	11:15 a.m.	SILVER SNEAKERS YOGA
	5:15 p.m.	ZUMBA
	6:30 p.m.	TABATA

WEDNESDAY	9:00 a.m.	TRX GROUP
	9:30 a.m.	SILVER SNEAKERS
	10:30 a.m.	SILVER SNEAKERS CARDIO
THURSDAY	5:15 p.m.	BEGINNING TRX
	6:00 a.m.	GROUP TRX
	10:00 a.m.	SILVER SNEAKERS
	10:15 a.m.	WATER AEROBICS
	4:15 p.m.	TRX GROUP
	5:15 p.m.	ZUMBA
	6:00 p.m.	FITNESS ROOM ORIENTATION*
	6:15 p.m.	BOOTCAMP
	7:15 p.m.	CORE AND MORE
7:15 p.m.	COUCH TO 5K	
FRIDAY	9:30 a.m.	SILVER SNEAKERS
	10:15 a.m.	AQUA SPLASH
SATURDAY	9:00 a.m.	BEGINNING TRX
	9:00 a.m.	BOOTCAMP
	9:00 a.m.	AQUA BOOTCAMP
	10:00 a.m.	ZUMBA

The Barre: A Fitness Boutique

116 SOUTH MAPLE ST

www.thebarreky.com

* Access to the following fitness classes throughout the challenge:

Monday	7pm	Barre Express
Wednesday	6pm	Barre Tabata
Friday	9:45am	Studio Barre

* Receive one week of unlimited barre classes, such as Bounce Barre, Spin Barre, Tabata Barre, and Studio Barre., Aerial Sculpt, Aerial Tabata, Studio Spin, Bounce Tabata, Pound, etc.

Train Station Fitness

1309 W LEXINGTON AVE

<https://trainstationfitnessofwinchester.com/>

- * Sign up for one month of personal training anytime during the challenge and get 20% off of your first month. Bring a friend for an even better deal. Call for details, 859-556-0876 or find us on FB. First workout is always free!

Ludus, Inc.

845 BYPASS ROAD

<https://www.facebook.com/LUDUSINC/>

- * Attend a free class on Wednesdays, 6:30 – 7:30 p.m. The Complete Guide to Body Weight Training is a group fitness class for participants of all levels, with consistent and thorough education of components of body-weight programming, movement patterns, and progressions. Build your foundation, and learn about the all in one amazing instrument that is the human body. **Call (859) 771-9494 to reserve your spot!**
- * Sign up for a Group Fitness Membership for only \$79/month. Groups include: *The Strength Group*: for novice to experienced lifters and fitness levels alike. *High Intensity Interval Training*: perfect for individuals seeking intensely fast paced workouts, results, and excitement. *Alpha Training Group*: the most advanced athletic protocol in Central Kentucky. **For men and women 16 years of age and older, with clearly defined goals.**

WholyFit - Gentle Body Power and Fusion Classes

CALVARY CHRISTIAN CHURCH, 15 REDWING DR

www.facebook.com/winchesterWholyfit

- * Beginning March 12th, 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 859-576-9561 or by email at kympelfrey@wholyfit.org. (Be sure to put Wellness Challenge in the subject line!)

2018

Description of Classes

Clark County
Wellness Challenge

March

March 7th and 14th
CHALLENGE KICK OFF!!!
REGISTRATION AND WEIGH-IN
at participating weigh-in locations.

March 8 – May 15, Mondays and Thursdays, 7:15pm

Couch to 5K

Join us on the WCCPR indoor track for our Couch to 5K training group! This class, meeting twice a week during the Challenge, is for all levels including beginning walkers and runners and those trying to improve their running times. The group will meet on Monday and Thursday nights and follow the Couch to 5K training plan with the optional goal of participating in the Run for the Paws 5K on May 20th. Join fellow fitness friends for the support you need to complete your first (or tenth!) 5K!!! *Participants who complete 15 of the 20 classes will receive a 50% discount on the Run for the Paws 5K entrance fee.*

WCCPR, 15 WHEELER AVE

March 12, 7:30pm

Run Faster!

Personal Trainer Jamie Ness will provide an informational session for the runner looking for something beyond just finishing. Basic strategies, training concepts and sample plans for running faster will be discussed. Jamie has gained NCAA Division I experience and coached many conference champions and school record holders at the collegiate level. WCCPR, 15 WHEELER AVE

March 13, 5:30pm

Core Training

Developing a strong and healthy midsection can be difficult and frustrating without the right approach. This class will teach you how to properly train your core in a safe and effective manner. Instruction will be hands on and include an overview of what constitutes the “core,” how the middle of our body works together to improve function, how to get in safe training positions, and the importance of breathing patterns to enhance training. Class is limited to 10 people and will last 1.5 — 2 hours. **Call 859-745-7995 to reserve your spot.** CLARK COUNTY PHYSICAL THERAPY, 232 SHOPPERS DR

March 15, 10:00am

Healthy Feet Keep You Moving!

The feet are the foundation of your body. The entire body relies on the feet for many different functions. Posture, balance, alignment and Yes, organ function are just a few things that can be affected by your feet. Join us for a “Healthy Feet” class 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 or email skininnovations4u@gmail.com to register for the class. SKINNOVATIONS, 501 WEST LEXINGTON AVE

March 15, 6-6:30pm

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 lyndsay.dixon@lpnt.net to reserve your spot!** KROGER, 1661 BYPASS RD

March 20, 5:30pm

How to Modify Exercise Due to Injury, Pain, and/or Disease

Don't let pain, injury, and/or disease keep you from your goals! This class will teach you how to exercise despite conditions that can make exercise selection very challenging. Learn how to modify your program and implement safe strategies to keep you moving forward despite some form of limitation. Instruction will be hands on and tailored to the specific needs of the participants. Class limited to 10 people and will last 1.5 — 2 hours.

Call 859-745-7995 to reserve your spot. CLARK COUNTY PHYSICAL THERAPY, 232 SHOPPERS DR

MARCH 21, 5:30pm

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 or email gina.lang@gmail.com to register for the class.

Each person will receive a simple starter journal to jumpstart success!

Provided by Day One. WCCPR, 15 WHEELER AVE

March 22, 12:00pm-1:00pm or 5:30-6:30pm

Smoothies on the Go and Bone Broth Protein!

Learn to prep and make Raw Smoothies, then taste! We are focusing on Nutrition Density, Meal Replacements, and what it means to follow a Ketogenic diet. Curious about Bone Broth? We'll talk about that too, have tastings and share ideas! FULL CIRCLE MARKET, 240 REDWING DR

March 22, 6:00-7:00pm

Diabetes Support Group

We will meet to discuss ways to gain better health outcomes, including physical activity and recipes, related to have been diagnosed with diabetes.

This support group is for both Type I and Type II, alike. CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVE

March 22, 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 23, 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

March 23, 1:00 to 2:00pm or 5:00-6:00pm

Smoothies on the Go and Bone Broth Protein!

Learn to prep and make Raw Smoothies, then taste! We are focusing on Nutrition Density, Meal Replacements, and what it means to follow a Ketogenic diet. Curious about Bone Broth? We'll talk about that too, have tastings and share ideas! FULL CIRCLE MARKET, 240 REDWING DRIVE

March 24, 10:00-11:00am

Working Out 101 Workshop

This workshop is intended to show you the basics of working out, how to use the gym equipment and build your confidence in working towards your fitness goals. There will be beginner and advanced workouts. All fitness levels are welcome. Space is limited. **Please register by calling 859-556-0876 and leave a message or email winchestertrainstation@gmail.com.** TRAIN STATION FITNESS, 1309 W. LEXINGTON AVE, SUITE 5

March 26 – April 16, Mondays, 6:15pm – 7:15pm

Fight Fitness 4-Week Course

Fight Fitness is a 4-week course that will use self-defense movements to give you a different, but vigorous change from your normal workout routine. Expect to work solo and with partners in various drills that will increase your safety and get your heart pumping. Class will be led in such a way that those with zero workout experience will benefit as well as those who regularly have your own routine. Taught by Craig Caudill of the Nature Reliance School. **Pre-registration required. Call 859-744-9554. WCCPR, 15 WHEELER AVE**

March 27, 6:15-8:45pm

Defensive Tactics for Men and Women

Self-defense training for ages 13 and up with Craig Caudill of the Nature Reliance School. Participants will be taught how to develop situational awareness to avoid confrontations. In addition, they will learn defensive strategies to use during an attack and practice striking skills to get away from danger. **Pre-registration required. Call (859) 744-9554. WCCPR, 15 WHEELER AVE**

March 28, 5:30pm

Understanding Your Metabolism

Mayo Clinic Wellness Coach Gina Lang will explain 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 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 29, 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! Hosted by WCCPR. IRON WORKS DISC GOLF COURSE, 4980 IRONWORKS RD

April

April 3, 5:30pm

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. Class is limited to 10 people and will last 1-1.5 hours. **Call 859-745-7995 to reserve your spot.** CLARK COUNTY PHYSICAL THERAPY, 232 SHOPPERS DR

April 5, 6:00 - 7:00pm

Dr. Jean Jackson 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 9, 5:30-7:30pm

Functional Movement Screenings

Used to evaluate movement pattern quality for clients and athletes, identify weaknesses and imbalances, and make the invisible visible. Learn whether you should train or correct each movement pattern. Provided by Kort Physical Therapy. WCCPR, 15 WHEELER AVE

April 9, 7:30pm

Stretch It Out

Personal Trainer Jamie Ness will provide a hands-on session showing how to do basic stretches from head to toe. Jamie has been in the field for 11 years as a teacher, coach and personal trainer. WCCPR, 15 WHEELER AVE

April 11, 6:30-8:00pm

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 from someone who successfully maneuvered the WHOLE30 and is reaping the benefits! CLARK COUNTY PUBLIC LIBRARY, 370 S BURNS AVE

April 12, 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! Hosted by WCCPR. IRON WORKS DISC GOLF COURSE, 4980 IRONWORKS RD

April 14, 10-10:30am

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 lyndsay.dixon@lpnt.net to reserve your spot!** KROGER, 1661 BYPASS RD

April 14, 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 from someone who successfully maneuvered the WHOLE30 and is reaping the benefits! CLARK COUNTY PUBLIC LIBRARY, 370 S BURNS AVE

April 16, 5:30-7:30pm

Growing and Caring for a Garden

Gardening benefits include increased physical activity and promoting healthier eating habits. This introduction to gardening will discuss the basics (planning the garden, types of gardening methods, basic fertilization and care, disease, weed, and insect management, etc. Pre-register to receive a chance to win one of several door prizes. **Register before April 13th by calling 859-744-4682 or by email at david.davis@uky.edu.** CLARK COUNTY PUBLIC LIBRARY, 370 S BURNS AVE

April 18, 5:00-6:00pm

Healthy Choices at Local Restaurants

Join a Registered Dietitian to learn how to make healthy food choices at local restaurants. Some samples of the choices will be provided. CRMC, 175 HOSPITAL DRIVE, MEIJER CONFERENCE ROOM

April 19, 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 or email skininnovations4u@gmail.com to register for the class.** SKINNOVATIONS, 501 WEST LEXINGTON AVE

April 19, 5:30-7:30pm

Container Gardening

You don't need a large amount of space to enjoy the many benefits of gardening. This session is designed for those that don't have the right conditions, space, or ability for traditional gardening. Learn to layout, choose the right container size, soil media mixture, care and maintenance, etc. Pre-

register to receive a chance to win door prizes throughout the session. **Please register before April 18th by calling 859-744-4682 or by email, david.davis@uky.edu.** CLARK COUNTY PUBLIC LIBRARY, 370 S BURNS AVE

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 21, 11:00am – 1:00pm

Wellness, Purpose & Abundance

Could your house and everyday routines be making you sick? Learn how essential oils can help you and your family with Laura Messer. Prizes at each class. Snacks will be provided. Information includes: 101 Intro to essential oils and 201 Detoxify your home. WCCPR, 15 WHEELER AVE

April 21, 10:30am-12:00pm

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 welcome. Email wccpr.programming@gmail.com with questions. WCCPR, 15 WHEELER AVE

April 23, 5:30-6:30pm

Raised Bed Gardening

Raised bed gardening has become very popular and can be especially beneficial when good garden soils are not available to homeowners. In this session, we will discuss the considerations for establishing, and caring for raised bed gardens and introduce participants to some special techniques such as straw bale gardening. Pre-register to receive a chance to win one of

several door prizes throughout the session. **Register before April 20th by calling 859-744-4682 or by email, david.davis@uky.edu.** CLARK COUNTY PUBLIC LIBRARY, 370 S BURNS AVE

April 26, 6:00-7:00pm

Diabetes Support Group

We will meet to discuss ways to gain better health outcomes, including physical activity and recipes, related to have been diagnosed with diabetes. This support group is for both Type I and Type II, alike. CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVE

April 28, 9:30am – 4:30pm

League Certified Bicycle Safety Training

Walk-Bike Clark County, The Clark County Activity Coalition, and Bluegrass Community and Technical College present a day-long Smart Cycling training course. This course will develop confidence and competence of the bicycle rider. Students will learn about choosing a bicycle, basic parts of a bike, essential equipment, as well as how to safely and comfortably ride your bike in various traffic conditions, terrain and climates. There will be 3.5 hours of classroom instruction, 3.5 hours of outdoor on-bike instruction, including a 5-mile leisure bicycle ride to practice your new skills. Lunch will be provided. Instructor: Tim Klesk, LCI. Class size limited to 10 people. **Register via email bpac@ccgisonline.com.** BCTC, 2020 ROLLING HILLS LN

April 30, 6:00pm

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 5:30, so you can be properly fitted. Hosted by Walk-Bike Clark County. WCCPR, 15 WHEELER AVE

May

Clark County Public Library

Visit the Clark County Public Library during the month of May to continue your Wellness success. Books related to fitness, health, nutrition and more will be on display. Please ask a librarian for more information about your specific health and wellness needs! 370 S BURNS AVE

May 8, 15, 22, 29, 5:00-7:00pm

Diabetes Self Management Education

Taught by a Registered Dietitian, DSME 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, RD at 859-744-4482 or e-mail at AmyW.Williams@ky.gov. CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVENUE

May 10, 6:30pm

Establishing a Meditation Practice for Stress Reduction

Cindy Reed (LCSW) is a Licensed Clinical Social Worker with a Master's Degree from the University of Kentucky 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

May 12, 10:00am

Yoga on the Library Lawn

Join Yoga instructor Cindy Reed for a morning practice on the lawn of the Clark County Public Library. Mats available to borrow or bring your own! Dress in comfortable clothing and be ready for a delightful outdoor

experience. 370 SOUTH BURNS AVE Inclement weather location: WCCPR LIBRARY, COLLEGE PARK, 15 WHEELER AVE

May 12, 10:00am

Guided Hike of Lower Howard's Creek

Get some exercise, while you enjoy nature and history! Friends of Lower Howards Creek will be hosting a guided hike in the Lower Howard's Creek Nature and Heritage Preserve. Come enjoy the beauty of this Clark County landmark, one of the earliest settlement locations in Clark County. Clare Sipple, Preserve Manager, will share stories of how this historic area was developed during the 18th Century and its importance to the heritage of Clark County. There are some challenging grades along the hike path, so please keep this in mind. Wear comfortable walking shoes or boots and weather appropriate clothing. You will want to bring a bottle of water to keep yourself hydrated. Sponsored by Walk-Bike Clark County and Friends of Lower Howard's Creek. HALL'S ON THE RIVER PARKING LOT, 1225 ATHENS-BOONESBORO RD

May 15, 22, 29, 5:00-7:00pm

Diabetes Self Management Education

Taught by a Registered Dietitian, DSME 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, RD at 859-744-4482 or e-mail at AmyW.Williams@ky.gov. CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVENUE

**May 16th
FINAL WEIGH IN!!
CONGRATULATIONS!!!!!!**



LET'S CELEBRATE!!

MAY 19, 2018

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.

WELLNESS CHALLENGE FINALE — 10AM—1PM

2018 Wellness Challenge Winners will be announced at Noon at **Clark Regional Medical Center's Community Health Fair.**

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

MAY 20, 2PM

5TH ANNUAL RUN FOR THE PAWS

Join us 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. Code: wellness2018. Plan to arrive by 1:30pm. Call (859)744-9554 for more information. THE GREEN AT BCTC, 2020 ROLLING HILLS LANE

May 22, 29, 5:00-7:00pm

Diabetes Self Management Education

See previous description. **To register contact Amy Williams, RD at 859-744-4482 or e-mail at AmyW.Williams@ky.gov.** CLARK COUNTY HEALTH DEPARTMENT, 400 PROFESSIONAL AVENUE

**• NATURE •
RELIANCE •
SCHOOL**

WHOLYFIT™



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 Challenge.

