



HEALTH TRACKER SUMMER PROGRAM

June 8, 15, 22, & 29

And

July 6 & 13

The Health Department will be at the first Lawrenceburg Farmers Market (6/8/2024), handing out booklets and taking beginning health screenings for blood pressure, blood glucose, and weight. The Health Department will provide the incentives to be shared by Purdue Extension at subsequent markets until 7/13/2024, when the Health Department will return to take ending vitals.

The public can earn incentive items during the program by completing the activities and logging into their booklet. Anyone showing their booklet at the Purdue booth at the Farmers Market that they complete two or more items in a week will be eligible to receive that week's incentive. (While supplies last)

Eligible Activities include:

- Participate in Get WalkIN': contact mparcell@purdue.edu for an email-based program
- Participate in Walk With A Doc. First Saturday of each month at the trailhead in Lawrenceburg
- Participate in Yoga in the Park at the Lawrenceburg Civic Park on Wednesdays at 10:00am and Saturdays at 9:00am. All classes are FREE! Just bring your water bottle, yoga mat, and your friends!
- Visit the Farmers Market: open every Saturday, June-October, 9:00am-1:00pm.
- Home check of blood pressure, glucose
- Trying a new healthy recipe and writing a review of it in their logbook.

Have an instructor, walk leader, or market representative stamp your book for validation.

Partners: Dearborn County Health Department, Purdue Extension, Zen Zone, and Lawrenceburg Farmers Market