

Farmers Markets

Farmers Markets are a great place to find fresh produce and support your local community!

Madison Farmer's Market

Madison Treatment Plant Shelter House
Tuesdays 9-12:30 (June - Mid-Oct)

Appleton Farmer's Market

420 N Munsterman
Wednesdays 9 - 12:30 (Mid June - Oct)

Dawson Farmer's Market

Veteran's Park
Thursdays 4-6 (June - Mid Oct)

Eating right and portion control are key in weight loss & maintenance!



Mental Health

Wellness is more than just diet & exercise. Mental health is just as important. 1 in 5 adults in the US experience mental illness in a given year.

Did You Know?
Most mental illnesses can be treated effectively with medication, therapy, diet, exercise, and support.
Recovery is possible.

Visit: www.makeitok.org to learn more

Call your local healthcare facility for more information on the Mental Health services they provide.

Madison Healthcare Services

320-598-7551

Appleton Area Health Services

320-289-1580

Johnson Memorial Health Services

320-769-4323

WIN WITH WELLNESS



Sept. 22 - Oct. 22

The Challenge

When you play bingo, you play to win, right? How about playing to win at wellness? That's exactly what Lac qui Parle Health Network is inviting you to do. Play a wellness version of bingo and move forward on the path toward a healthier you.

How to Participate

Visit a kickoff events or register online:

- Madison Healthcare Services
Tuesday, September 10th 2:00 - 4:30
- Johnson Memorial Health Services
Wednesday, September 11th 2:00 - 4:30
- Appleton Area Health Services
Thursday, September 12th 2:00 - 4:30
- Register Online At: www.lqphnmn.org
Challenge open to 18+ | Cost is \$10

Prizes

Blackout Grand Prize Drawing: Pit Boss Grill
Cash Prizes: 9 \$25-\$100 Cash prize drawings

Win with Wellness BINGO

How to Play

- During the challenge dates (Sept. 22 - Oct 22) complete the tasks on the BINGO card and mark them off. Each BINGO complete at the end of the challenges gets your name entered into the cash prize drawings
- Complete all tasks and get entered into the BLACKOUT only drawing for a **Pit Boss Grill!**
- Drop your BINGO card off at: Madison Healthcare Services, Appleton Area Health Services or Johnson Memorial Health Services by Noon on Friday, October 25th

Winners

Winners will be announced on Monday, October 28th at 11AM on Q92 –KLQP FM and posted on the LqPHN Facebook page and at www.lqphnmn.org.

With good health as the ultimate prize, everyone who plays Wellness BINGO has the potential to win!

Where can I exercise in my community?

Madison

Fitness Center: Phone #: 320-598-3103

Hiking Trails: Lac qui Parle State Park

Lac qui Parle County Park

Bike: Fix it Station Coming Soon!



Appleton

Escape Fitness: Phone #: 320-808-4267

Trails: visit www.lqphnmn.org for map



Dawson

Fitness Center: Phone #: 320-769-2955

Dawson Gnome Trail: start at Veteran's Park for map

Dawson Bikes: Community bike share located at Dawson Police Department



Consequences of Inadequate Sleep

Short-term

- Increases daytime sleepiness
- Impairs judgement and decision making
- Contributes to mood dysfunction and irritability
- Reduces ability to learn and retain information
- Elevates risk of serious accident/injury

Long-term

- Increases risk of health problems (obesity, diabetes, cardiovascular disease, dementia and early mortality)
- Contributes to the worsening of Psychiatric illness

*Sleep is important to overall health.
Adults should get 7-9 hours of sleep each night!*