

VIRTUAL

Livin' Well

Health & Wellness Fair

SEPTEMBER 2020



Participate throughout the month of September for a chance to **WIN \$50 EACH WEEK** and qualify for a **\$200 GRAND PRIZE!**

HOW TO PARTICIPATE:



LISTEN to the Livin' Well segment of People Places & Things on WQPC 94.3 every Monday in September at 9 a.m.



WATCH the Livin' Well video presentation airing Wednesdays at www.crossingrivers.org/livinwell



READ the Livin' Well featured article in the weekly Courier Press newspaper

By listening, watching, or reading you will discover a new **SECRET WORD** each week.

HOW TO ENTER:



Call the Aging & Disability Resource Center each week with the **SECRET WORD** at 608.326.0235.



Submit the **SECRET WORD** online each week crossingrivers.org/livinwell

Weekly education topics will include tips and ideas for:



Physical health



Mental health



Nutrition



Social well-being



Financial wellness

A collaborative community event co-sponsored by:



Social Health Week

Help yourself to better health – Volunteer

No matter what cause you are passionate about, volunteering provides valuable benefits to the mission-and to you!

Studies have shown that people who volunteer feel a greater sense of purpose in their lives and may experience a longevity boost. Volunteering can also help you learn new skills, gain experience and sometimes even qualifications.

Take on a challenge. Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents. Have fun!

To learn more about local volunteer opportunities in our community, please check out the week 3 segment of livin well on crossingrivers.org/livinwell.

The secret word is: Giving.

COURIER PRESS

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Dr. Steven Kurth • Dr. Mark Fohey • Dr. Shelby Perkins

Hours: Monday and Thursday 8 am-5 pm
Tuesday and Wednesday 8 am-4:30 pm
Friday 8 am-12:30 pm

Where Health Changing Smiles Are Created!