



Who We Are

HEALTHy Wheat Ridge connects community members with opportunities to increase healthy eating and active living in Wheat Ridge. Participate in activities, screenings, education and events that interest you for a chance to win prizes and be recognized as a HEALTHy Champion.

Why Participate?

- Increase activity
- Eat healthier
- Feel more connected
- Improve quality of life

Attend 4 events to win prizes!

www.healthywheatridge.com



HEALTHy wheat ridge Points Card

Full Name: _____

Email: _____

Phone: _____ Zip Code: _____

Year of Birth: _____ Gender: _____

HEAL REPRESENTATIVE USE ONLY-----



Heart Health (January – March)

FOCUS: Learn more and do more to keep your heart in optimal health at any age.

Active Living: (April – June)

FOCUS: Let's get moving! Enjoy local activities for the whole family.

Healthy Harvest: (July–September)

FOCUS: Healthy eating is easy and delicious thanks to a bounty of fresh, local foods.

Mental Health: (October – December)

FOCUS: Let's take time to focus on mental wellbeing and self care for whole health.

ACTIVITIES EACH QUARTER ARE SPLIT INTO THREE AREAS:
Informational, Screenings and Activities



Healthy Wheat Ridge, a program of the HEAL committee, is made possible by participating partners. Together we are focused on promoting opportunities for healthy eating and active living in Wheat Ridge.



To Get Started:

- 1. REGISTER.** Go to www.HEALTHyWheatRidge.com to register and sign up for updates.
- 2 PARTICIPATE.** Check the website schedule for free and low-cost events. Earn a HEALTHy Point for each activity you complete.
- 3 WIN.** Turn in your HEALTHy Wheat Ridge POINTS CARD at the Recreation Center or Active Adult Center with four points to be entered to win quarterly prizes.

Contact HEAL Committee
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