

DHD#10 ANNOUNCES PRESCRIPTION FOR HEALTH PROGRAM IN KALKASKA COUNTY

July 12, 2022 - District Health Department #10 (DHD#10), the Kalkaska Farmer's Market, and MSU-Extension are kicking off the summer by announcing the Prescription for Health Program in Kalkaska County.

Prescription for Health is a program that aims to increase fruit and vegetable consumption and support healthy lifestyle behavior change among people who are at an increased risk for chronic disease.

In Kalkaska County, residents can enroll in the Prescription for Health Program in one of two ways:

1. By visiting Maegan Sorenson at the DHD#10 booth in Railroad Square Pavilion at the Kalkaska Farmer's Market on Tuesdays from 2:00-6:00pm.
2. By registering for and attending online MSU-Extension classes. If interested, contact Lanae Bump at 231-533-8818, or hannalan@msu.edu.

"The Prescription for Health program has been wonderful for our Market," said Renee Penny, Kalkaska Farmer's Market Master. "I've loved seeing folks learning about nutrition, participating in Maegan's cooking demos, and then buying produce directly from local farmers to make the recipe they just learned about at home."

Participants of the Prescription for Health program can attend as many classes as they would like and may earn up to \$100 worth of vouchers to be used at the Kalkaska Farmer's Market. In addition to vouchers, first time participants who visit Maegan at the Kalkaska Farmer's Market will receive a reusable thermal shopping tote with kitchen tools inside.

For more information or specific questions about the Prescription for Health program, please contact Maegan Sorenson at 231-876-3811 or msorenson@dhd10.org.

Prescription for Health at the Kalkaska Farmer's Market Photo Below



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Maegan Sorenson, Public Health Educator for DHD#10, stands at her table ready to provide Prescription for Health education and vouchers to patrons of the Kalkaska Farmer's Market.

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