

## DHD#10, MUNSON HEALTHCARE, AND MSU-EXTENSION WRAP UP PRESCRIPTION FOR HEALTH GRANT STRONG

July 26, 2022 – Three years ago, District Health Department #10 (DHD#10) received a grant through the Michigan Health Endowment Fund to improve residents’ access to healthy food in their ten-county jurisdiction.

In the northern counties of Crawford, Kalkaska, Manistee, Missaukee, and Wexford, DHD#10 partnered with Munson Healthcare and MSU-Extension to offer the Prescription for Health program to residents of their communities.

Since then, MSU-Extension has been providing free, self-paced, online sessions on nutrition to adults that have or are at risk for chronic diseases and providing them the opportunity to earn up to \$100 in vouchers good for fresh, frozen, or canned fruits and vegetables at any Family Fare location across the state of Michigan!

This summer, in their final push of the Prescription for Health program, MSU-Extension is offering “My Way to Wellness,” a free self-paced online class that reviews how to make healthy food choices that work for you, physical activity, goal setting, food safety, reading food labels, and more.

Registration for the class is required using the online link <https://events.anr.msu.edu/MunsonPFHMyWayToWellness2022/> and registration closes at 11:59pm on August 1, 2022. For specific questions about the class, please contact Lanae Bump at [hannalan@msu.edu](mailto:hannalan@msu.edu) or 231-258-3320.

“We are excited to continue collaborating with MSU-Extension and Munson Healthcare to offer a way for our residents to consume more fruits and vegetables and improve their access to healthy foods in our communities”, said Holly Joseph, Prescription for Health Coordinator for District Health Department #10.

The Prescription for Health project is supported by the Michigan Health Endowment Fund. The Michigan Health Endowment Fund works to improve the health and wellness of Michigan residents and reduce the cost of healthcare, with a special focus on children and seniors. For more information about the Health Fund visit <https://mihealthfund.org/>.

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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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