

HEALTHY PALOUSE

SPREADING THE WORD ABOUT STAYING HEALTHY ON THE PALOUSE

Lentil Festival
August 21-22, 2009

August 17, 2009

www.whitmancounty.org

Come check out our booth, where we will be providing shaded areas for Breastfeeding and diaper changing. Also we will have activities and discussions going on throughout the day! While you are there enter to win a Gift Basket!

Friday August 21, 2009 — Downtown Pullman from 5pm-11pm

Saturday August 22, 2009 — Reaney Park, Pullman from 10am-5pm

Watch for us in the Parade at 10:30am on Saturday



Blazing Trails To Wellness *What a great event it was!*

This years Trail event was a wonderful success, the weather was great and the friends were many! We had 42 participants do the walk and complete their passports for prizes. There were many different vendors in the park, and many people came out to check out what was going on at the park!

Thanks to those who came out and participated, we look forward to seeing you and many more at next years Trail Event!

Related Links:

- [CDC Healthy Communities Program](#)
- [WE CAN!](#)
- [Washington State Nutrition & Physical Activity Program](#)
- [WebMD Portion Guide](#)

WE CAN!

“**We Can!**™ or “Ways to Enhance Children’s Activity & Nutrition” is a national program designed for families and communities to help children maintain a healthy weight. The program focuses on *three* important behaviors: *improved* food choices, *increased* physical activity and *reduced* screen time.” <http://wecan.nhlbi.nih.gov>

We at Healthy Palouse are striving to use the WE CAN! program to encourage the families of the Palouse to begin thinking about their physical activities, eating choices and how much screen time they get each day! Check out their website for more information on how you and your family can begin to make changes today!

<http://wecan.nhlbi.nih.gov>

Upcoming Topics:

- What is *CATCH*?
- Palouse Empire Fair
- Community Event



Upcoming Events:

- **Farmers Market: May 20th-October 28th, Wednesdays 4:30-6:30pm**
- **Lentil Festival (Aug 21-22)**

Healthy Palouse is funded by the 5930 Grant, and supported by the Whitman County Health Department

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at jessieh@co.whitman.wa.us or call us at 509-332-6752