

PHA Wellness Highlights 2016-2017

Building Healthier Communities Together



- **U of M Extension SNAP Nutrition on a Budget Classes**— 4 sites, 5 classes with 45 people. More classes this fall!
- **U of M Extension Pilot Project**— Dunedin Health Action Team formed. 96 residents at Dunedin completed wellness interest survey. Cooking classes held and walking group formed as a result.
- **Twin Cities Mobile Market**—7 weekly stops at PHA sites with good, affordable food
- **Gardens**—20 sites are growing
- **Ramsey County Master Gardeners**— First ever Garden Mentor Training! Now 3 residents equipped with knowledge and skill to support their community garden
- **Rethink Your Drink & Healthier Vending**—16 sites with goal 50% healthier bev-
- **Walk with a Doctor**—7 walks with 146 people, 5 upcoming walks!
- **Nice Ride Bike Tours**—14 rides with 60 people who signed up for bike membership; tours begin in June!
- **Free Bikes 4 Kidz**—PHA gave away the 1,000th bike this year! 225 bicycle, helmets and locks given to youth
- **Exercise Equipment & Workout Rooms**—Resistance exercise bands (2 sets of 5), resistance band and stretching posters for all sites
- **Physical Therapy Balance Screenings**—Workshops hosted at 2 hi-rises
- **Bone Builders classes** — Balance and strengthening at 2 sites
- **Diabetes Management Classes**—8 sites with 92 people
- **Tobacco Cessation & Wellness**—NAMI & Walgreens pharmacist lead wellness

