

# THIS IS WHAT EVERYONE IS TALKING ABOUT!

Goodland Star-News

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Goodland, Kansas 67735

8 Pages

## Wellness Challenge to begin Monday

The county-wide wellness program will officially get started with a kick-off event from 5 to 7 p.m. Monday at the Goodland Activities Center.

The Sherman County Wellness Challenge encourages participants to improve their nutritional intake, increase their level of physical activity and stop or decrease their use of tobacco products through fun community activities. Involvement in programs and activities earn participant points, which are accumulated throughout the three-month program.

Registration forms and additional information will be available at the kick-off event on Monday. Also on hand will be the program sponsors, which include the City of Goodland, Goodland Activities Center, Goodland Regional Medical Center, Healthful Solutions, Sherman County Health Department, Sherman County Extension and Right Combination Dance Studio. Each organization will have informational materials regarding the upcoming programs offered during the Challenge.

Registration is available for the Family Challenge, groups of two or more immediate family members; the Organization/Business Challenge, groups of four co-works, club friends or coffee buddies; and the Individual Challenge.

The Challenge will continue through April 26 with weekly programs and special events scheduled throughout. For a complete listing, visit [www.shermancowellnesschallenge.org](http://www.shermancowellnesschallenge.org).

## FCCLA presentations



Two Goodland High School Family, Career and Community Leaders of America students with their presentation that they gave at Students Taking Action with Recognition Events on Wednesday

## Conservation scheduled

The Sherman County Conservation District will hold its 69th anniversary and producer appreciation event today.

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- 3 MONTHS: \$29.00
- 6 MONTHS: \$48.00
- 1 YEAR: \$81.00

**OUT OF AREA (WEEKLY MAILING):**

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- 6 MONTHS: \$54.00
- 1 YEAR: \$89.00