

Greetings,
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August 2019 E-Newsletter

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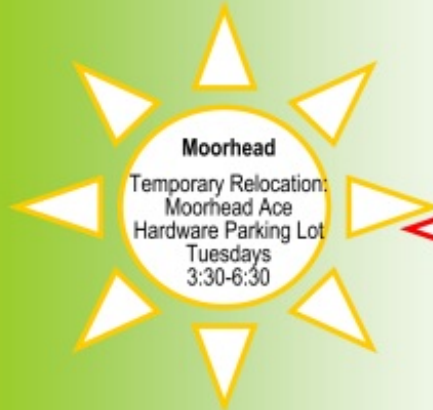
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The Farmers Markets are bursting with fresh produce and other farm products. Visit them to boost your vegetable intake for the week and to support your neighbors!

Also visit Manna Food Co-op in Detroit Lakes to shop at their newly built farm stand. Open Friday evenings 4-7 pm.



**FARMERS
MARKETS
ARE OPEN!**



You are invited to the

Becker County Trail Master Plan Open House

Wednesday August 21, 5-7 pm

Detroit Lakes Public Library

SRF Consulting will provide a presentation and facilitate discussion with the public on recreational trail types, destinations and future opportunities.

Funders of the Plan include Becker County, Partnership 4 Health, West Central Initiative, City of Frazee, and Osage Township.

To register for the Smart Cycling Class:

<https://www.eventbrite.com/e/smart-cycling-full-course-registration-66363134923>



**JOIN US FOR A
Smart Cycling Class**

Hosted by Pedal Fergus Falls and
The League of American Bicyclists



Taught by local certified League Cycling Instructors (LCI's)

Saturday, August 24, 2019
9 a.m. – 4 p.m. (includes lunch and course materials)
Community Education Office, 340 Friberg Ave.

Register Online: <https://bit.ly/2JSk2e5>

Registration is \$25 per person
and is limited to 15 participants



Questions? Call 218-205-8734

Course Description: A great blend of classroom and riding practice – you will learn to be a safer cyclist. We'll teach you to ride more safely in traffic and basic bicycle maintenance! **Bring your bike and helmet!**

Thank you to our sponsors:



**June 23
August 25**



Streets **alive!**

Sundays noon—5pm. Free for everyone.

Our community's open street event: downtown streets are closed to motor vehicles and open to walking, biking, wheeling, skateboarding - all forms of human transportation!



fmstreetsalive.org

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Bell State Bank & Trust | The YMCA of Cass and Clay Counties | Kilbourne Group | West Acers Shopping Center
TNT Fitness | High Plains Reader

**Save the Date! Next CookWell Class:
Monday, September 9
5:30-7 pm
Fergus Falls YMCA**

The Fabled Farmer of Fergus Falls will be teaching this fun and interactive cooking class. Participants get to help prepare and eat a delicious meal, and learn creative ways to use fresh ingredients. Sign up today with a friend by calling the YMCA at 218-739-4489. \$10 for YMCA members, \$15 for potential members.

Watch this short promo video to see a class in action with Union Pizza & Brewery!

<https://www.youtube.com/watch?v=jJiO14Bdjcc>

Meet Our GreenCorps Member at the Minnesota State Fair!

Scott Schwandt, our MN GreenCorps member, taught a bike commuter workshop at the bike fix-it station for MN DOT District 4. The course covered bike basics, equipment, traffic skills, and basic bike repair. It was a great day for the workshop, and they had a lovely group ride following the course.

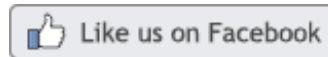


Scott will be leaving PartnerSHIP 4 Health to finish his MN GreenCorps term at the Eco Experience at the Minnesota State Fair from August 22-September 2. With a focus on Air Quality, Scott will help engage with visitors and help them explore the demonstration. If you are going to the MN State Fair this year, visit the Eco Experience and see if you can spot Scott to ask him a question!

A big THANK YOU to Scott for all of his great work this past year! We always enjoy working alongside our GreenCorps members.

Like and Review PartnerSHIP 4 Health on Facebook

Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like what we do? Leave a review to help others find out who we are!



PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and is supported by the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). To learn more about SHIP and its work across the state, click the logo to the right.



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