



# HEALTHY HAMILTON RECAP



## 17 'HOOD SCAVENGER HUNT [LINK](#)

Click on the link above to find the downloadable card, made up of zoomed-in images of landmarks around Hamilton. Fill it out like a bingo card; complete a full line vertically, horizontally, or diagonally.

## MINDFULNESS [LINK](#) CODE: 0I!.&V.?

This Mindful Wellness curriculum, presented by Heather Reister from the OSU Extension, is designed to equip healthy adults with practice and skills to strengthen the mind and body connection, and promote holistic health and wellness across the lifespan.

## DAM TO DAM RIVER TOUR [LINK](#)

Go Pro coverage from Kristina Latta as she rows from dam to dam on the Great Miami River in Hamilton!

## PET WANTS WELLNESS [LINK](#)

Learn how pets help improve people's wellness and how we can keep all of us healthy and happy. Chris and Rachel of Pet Wants, Hamilton will be our pack leaders on this session. Catch this event on Facebook Live on Envision Partnership's Facebook page.

## MENTAL HEALTH LUNCH & LEARN [LINK](#)

Each Monday, head on over to Primary Health Solution's Facebook page for their live Mental Health Monday series.

## PAX MEANS PEACE [LINK](#)

Before diving into a PAX Tools training, stop into this introductory presentation. Here, learn about the meaning of PAX, hosted by Kristen Smith from Envision Partnerships.

## FINDING YOUR SPARK [LINK](#)

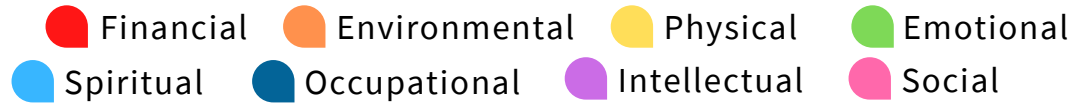
By getting to know a youth's sparks, strengths, struggles, and supports, they feel understood and validated. Research shows that feeling understood and validated by another person is the strongest contributors to establishing a sense of relatedness between people. Interview with Jamie Simpson from Envision Partnerships.

## 8 DIMENSIONS & GARDENING PART 1 [LINK](#)

Michelle Merrett and Alfred Hall from Hamilton Urban Gardens (HUGS) share how community gardening engages people in all 8 dimensions of wellness.



# CONTINUED



## 8 DIMENSIONS & GARDENING PART 2 [LINK](#)

JMichelle Merrett and Alfred Hall from Hamilton Urban Gardens (HUGS) review gardening basics and tips for creating your own garden.

## KEEPING THE FAITH IN DIFFICULT TIMES [LINK](#)

This panel will called on four local faith leaders to share how they help their members and the community in trying times. They include: Pastor Shaq of Truth and Life Church; Pastor Billy of Fairfield Wesleyan Church; Rabbi Eric of Beth Israel Synagogue; and, Pastor Dave of Walden Ponds Church of the Nazarene.

## STAYING WELL IN DIFFICULT TIMES [LINK](#)

In this presentation by Joanna Lowry from the Butler County Mental Health and Addiction Recovery Services Board, she discusses taking care of your mental & emotional well-being during these hard times.

## WHICH PRODUCE IS BETTER? [LINK](#)

Michelle Merrett from Hamilton Urban Gardens (HUGS) explains the differences between grocery-store produce and what you can grow right in your own back yard.

## HISTORIC HAMILTON BIKE TOUR

Follow Kristina Latta from Envision Partnerships as she bikes through the 4 historic districts of Hamilton; Rossville, German Village, Dayton Lane, and Village of Lindenwald.

- [ROSSVILLE](#)
- [GERMAN VILLAGE](#)
- [DAYTON LANE](#)