



Welcome to Prescription for Health 2022

Hello,

You are receiving this enrollment packet because you were referred by one of our partner agencies or clinics. Congratulations! You have been enrolled into the Prescription for Health (PFH) program. We are excited to have you participate!

This is your enrollment packet for the 2022 season, and it includes the following:

- Information on how the program works and where to spend your tokens at participating farmers markets/farm stands (multi-sided)
- 2022 special events schedule and this month's newsletter (double-sided)
- Enrollment activity (double-sided)
- This month's goal tracking sheet and SMART goal tracking handout (double-sided)
- Grand prize drawing flyer (double-sided)
- Pre-program survey (double-sided)
- 100 tokens

If you would like to watch an enrollment video, visit the "Participant Information" tab on our website: washtenaw.org/prescriptionforhealth. The video discusses this enrollment packet and other information.

We will be uploading the monthly newsletters, goal tracking sheets, and activities to the "Participant Information" tab on our website: washtenaw.org/prescriptionforhealth. These handouts will also be available at special events. Please check the website every month for these materials, updates, and additional resources. Each time you submit the completed monthly goal tracking sheet and corresponding activity (through October's), you get a grand prize drawing entry (details in the grand prize drawing flyer).

We are excited to be back in person at the farmers markets this year! Our Community Health Workers (CHWs) will be at the Chelsea Farmers Market, Growing Hope's Ypsilanti Farmers Markets, and Pittsfield Township Farmers Market through 10/15/22. Look for the Prescription for Health table! The CHWs will be there to provide support and resources, help with goal setting, and answer any questions or concerns you may have! The CHWs will also be contacting you throughout the program season.

Please complete and turn in the pre-program survey. You can either complete the included paper pre-program survey and turn it into the CHWs at the farmers markets OR complete it via this link <https://bit.ly/PFH22E> OR complete it by scanning this QR code



Please remember to follow any safety guidelines and instructions at the farmers markets/farm stands to help keep yourself and others around you safe.

Please note that all program and farmers market/farm stand details are subject to change.

Thank you and best wishes,

Grace Work

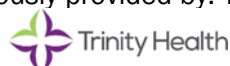
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