



Come checkout

# Live Well Ludlow!

JUNE 11<sup>TH</sup>, 2016

12:00 – 3:00pm

THE CITY PARK  
500 Elm Street  
Ludlow, KY 41016

**LiveWell Ludlow is about Active Living,  
Healthy Eating and being Tobacco Free!**

Mingle with your friends and neighbors, enjoy food and music and help our city launch LiveWell Ludlow!

**To learn more contact:**

**Scott Smith, Police Chief**  
ssmith@ludlow.org  
859-261-8186

**Come move  
with us!**

- Yoga
- Fitness Stations
- Music
- Family Fun  
Recreation Area

**Come learn with us!**

- Healthy eating
- Health screening
- Local/physicians/dentists/  
pharmacy
- Tobacco Cessation
- Planting garden vegetables
- Recycling
- Fitness training

[www.LiveWellINKY.org](http://www.LiveWellINKY.org)