

3 > 4 > 50
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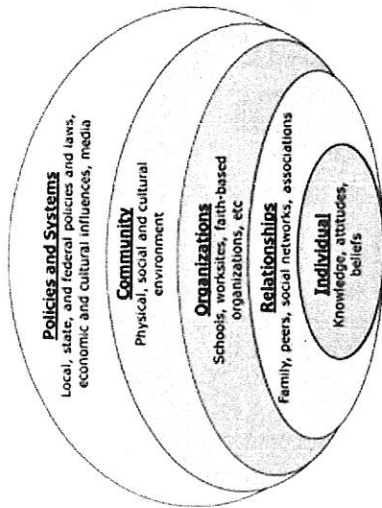
What is 3-4-50?

healthvermont.gov/prevent/3-4-50

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DEPARTMENT OF HEALTH

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3-4-50 helps us understand the overwhelming impact of chronic disease in Vermont and inspires us to take action to change it. 3-4-50 is about making a difference at a level that can influence the health of many. Businesses, schools, cities and towns, and health care providers all play an important role in shaping the health of Vermonters. Our common goal is to make the healthy choice the easy choice where we live, work, learn and play.

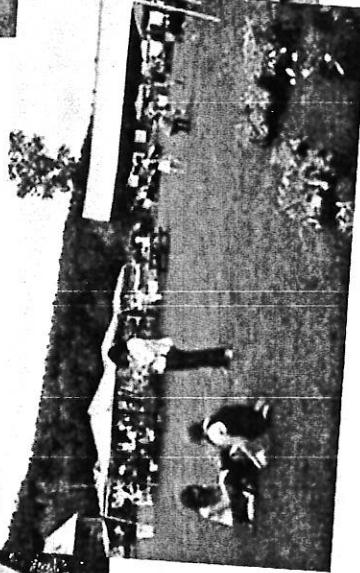
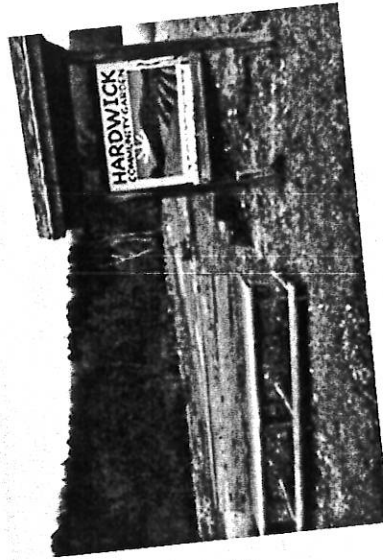
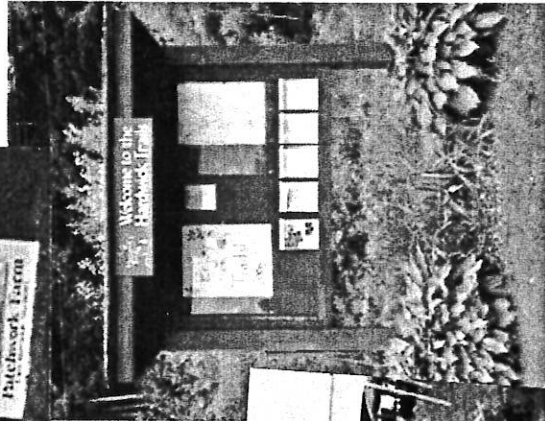
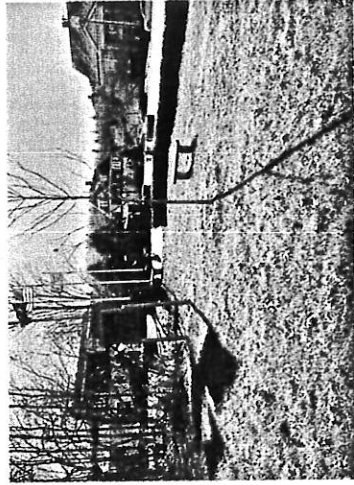
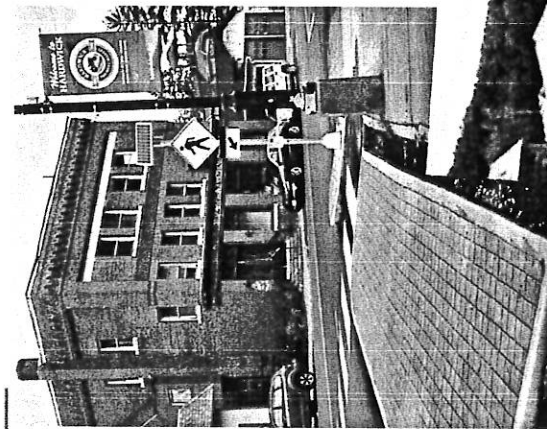
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Hardwick Vermont



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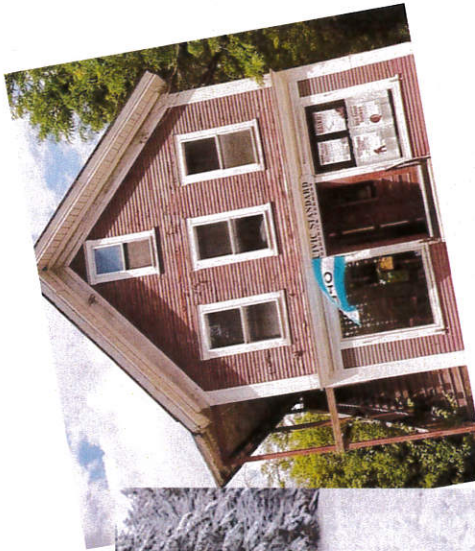
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POP UPS IN THE PARK

Hardwick | Arrow Field

June 18, 2022 | 9:30 am | All Levels Yoga with Lindsay
 June 19, 2022 | 9 am | Yoga with Kristina Supina
 July 1, 2022 | 9 am | Yoga with Kristina Supina
 July 15, 2022 | 9 am | All Levels Yoga with Lindsay
 July 15, 2022 | 9 am | Yoga with Kristina Supina
 August 18, 2022 | 9 am | All Levels Yoga with Lindsay

More July Pop Ups available on popups.org



BIKE RODEO

JUNE 25, 2022
9 AM - 11:30 AM

HAZEN UNION SCHOOL

HOSTED BY
HARRINGTON TOWN &
HARRINGTON
PROSPERITY

RIDE!

RAIN DATE:
JUNE 26

9:00 AM
REGISTRATION
BIKE TUNE UPS
HELMET GIVEAWAY

9:30 AM
BIKE SAFETY TIPS

10:00 AM - RIDE!
YOUR CHOICE
SKILL CONTEST
TUBE TALK
MTB GROUP RIDE
LEARN TO RIDE

11:00-11:30 AM
STORY TIME
ICE CREAM!

Check out the
Mentor at
Harrington Trails
on Facebook

NEK prosper!



Hardwick Municipal Plan – Wellness

Provide a healthy environments for recreation & Physical Activity

- Recreation Committee
- Hardwick Trails & Town Forrest
- LVRT
- Local Motion 2017 & 2022 Improvements
- Kids on the Move – After School Program
- Macville Pond Rec Area – New playground
- NEK Prosper - Pop-Up in the Park
- Community Safety Discussions

Promote Access to

Healthy Foods

- TOPS Market
- Atkins Field – Farmers Market
- Community Gardens – Fruit & Nut Trees
- VT Food Venture Ctr
- Town of Hardwick Breastfeeding Friendly Employer

Creative Economy

- Ctr for Agricultural Economy
- Jeudevine Library
- Galaxy Bookstore
- Civic Standard
- Hardwick Town Hall
- GRACE Rural Arts Collaborative
- Hardwick Historical Society

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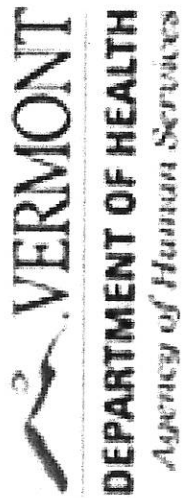


Why Sign On As a 3-4-50 Partner?

healthvermont.gov/prevent/3-4-50



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Recognition

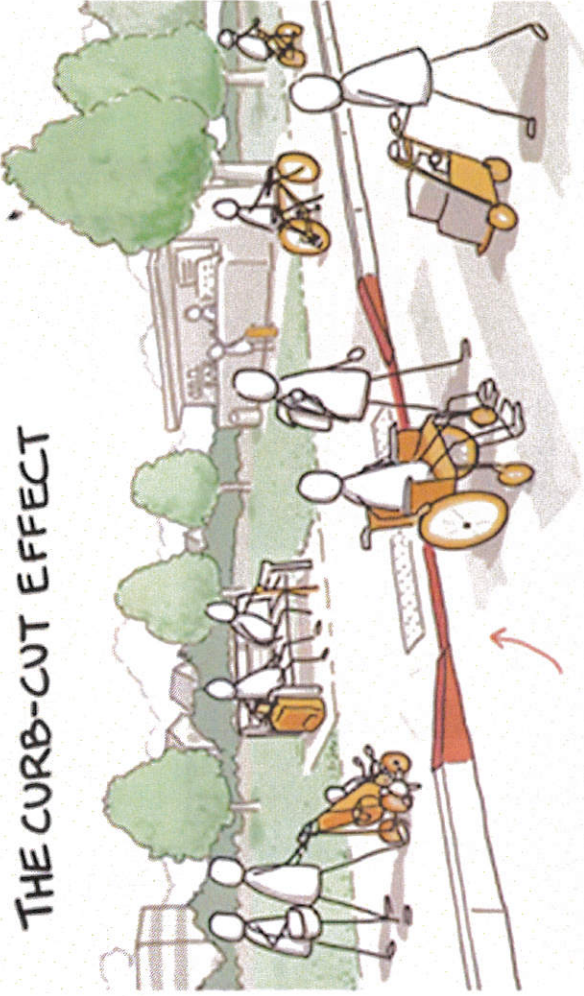
Support



**Enhance Benefits for
the Whole Community**

Measure Impact

Emphasize
the
benefits for
all groups!



THE CURB-CUT EFFECT

WHEN WE DESIGN
FOR DISABILITIES

... WE MAKE THINGS
BETTER FOR EVERYONE

sketchplanations

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Healthy
Lamoille
Valley



COMMUNITY GARDEN



3-4-50 PARTNER



WORKPLACE SAFETY



SMOKE-FREE & VAPE-FREE



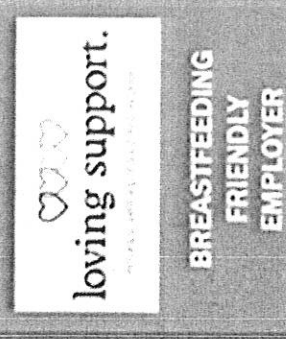
802 OUTFITS



WALKING BREAKS



FRESH PRODUCE



BREASTFEEDING FRIENDLY EMPLOYER



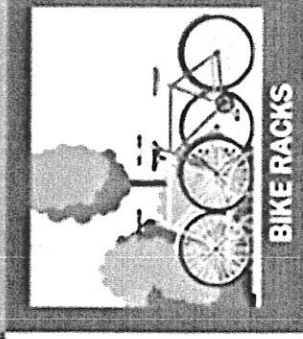
SUBSTANCE-FREE PROPERTIES



WELLNESS POLICIES



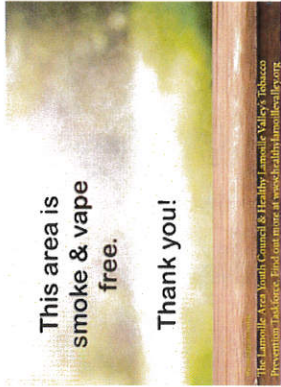
INVEST EAP



BIKE RACKS

Tobacco & Substance Free Environments

- Protecting against second-hand smoke
- Promote quitting Tobacco & Vaping
- Prevent Youth initiation



Catch More Air!



YOU CAN QUIT.
WE CAN HELP.



Catch More Air!



Text "Start My Quit" to 34872



PARK HOURS

9am - Sundown
Closed at Night.

Working together for a substance-free park for all to enjoy!



WELCOME TO

CASPIAN LAKE BEACH

OPEN 5:00 am to 11:00 pm

PATROLLED after hours
VIOLATORS WILL BE PROSECUTED



This area is alcohol and drug free to promote safe recreation on our lake.



ALCOHOL MARIJUANA



Please clean up after your dog. Dogs must be on leash.



Please enjoy our trails! Help keep them clean for all.



Working together to create substance free spaces for youth and families!

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Prevention Sponsorships

<https://www.healthylamoillevalley.org/prevention-sponsorships/>

healthvermont.gov/prevent/3-4-50



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Hardwick 3-4-50 Sign-Ons



Northern Counties
HEALTH CARE



loving support.
MAKES BREASTFEEDING WORK

CAJA MADERA
— Hardwick, VT —



**ORLEANS
SOUTHWEST**
SUPERVISORY UNION