

# REACH

## Resident Resources

July, 2022

### Family Fun Month

# 1 HEALTH & WELLNESS

## *Tracking Your Health*

It's summertime, and it's a great time to get outdoors for exercise. There are a lot of opportunities, now that we are in a post-COVID environment, to join a hiking group or meet up with old friends for a walk in the park.

With technology, there are plenty of ways for you to keep track of your health. This can be done through wearable devices, such as Fitbits, or through mobile applications on your smartphone. Did you know there are plenty of FREE mobile applications you can download on your phone to track your daily steps? If you have trouble making steps, no worries! There are mobile applications that can track your physical activity, this includes gardening, chair exercises, stretching, etc. All movement helps to build a healthy lifestyle.

Check your smartphone App Store to download the mobile app: PACER. Pacer helps regular people of all activity levels get more active and be healthier through accurate, powerful activity tracking and more.



## 2 Youth Corner

### *Financial Education Resources for Parents and Youth*

Money Prodigy is an online resource that specializes in providing fun and engaging solutions to teach youth about money. The digital resource offers a variety of content to help parents introduce financial education topics to youth using creative tools and strategic guidance on how to earn and manage their finances.

Check out the online resource here:  
<https://www.moneyprodigy.com/>

**SUDOKU-EASY** 5

8				6	3	
	9		8			
			9	7		
4						
1				2	5	3
5	6	2			4	
			4		6	5
		8	2			
	8	9	5	1	4	

www.AllFreePuzzles.com

*ENJOY THIS FREE  
SUDOKU*

## 3 Senior Section

### *GoodRx – A Resource for Discounts on Medications*

GoodRx is a free price comparison resource that can help you save money every month by finding you the lowest prescription prices at your local pharmacies. Visit [goodrx.com](http://goodrx.com) to access coupons that can help you save up to 80% on almost all FDA-approved drugs – brand-name and generic.



GoodRx is completely free for anyone to use. You do not need to register or sign up to use the GoodRx coupons listed on the site. However, additional savings may be available on select drugs if you sign up and create a free account. You can do so at: [goodrx.com](http://goodrx.com).

You may also call GoodRx at 855-268-2822 to obtain more information on how you can participate.

Enterprise Community Development would like your feedback. Scan the QR CODE with a smartphone camera or use this link <https://bit.ly/3OBStEa> to complete the short feedback survey. Thank you.

