

## Signs encourage residents to take extra steps

Residents who want to make small, simple changes to a healthier lifestyle will have an opportunity to do so when they visit some of the most popular spots in Abilene.

As part of the Community Foundation of Dickinson County's Nutrition and Physical Activity Initiative, four parking signs have been placed throughout Abilene.

Locations include West's Country Mart, the Abilene Community Center and the Dickinson County Courthouse.

The signs are strategically placed in a distant parking stall from each building's entrance. In addition, another sign is located in the downtown parking lot next to Little Ike Park.

Meredith Sleichter, program director, said the signs are being posted in conjunction with the Kansas Health Foundation's statewide media campaign, "change something," which is designed to promote good nutrition and physical activity among Kansas

adults and children.

"The idea is that small changes in the lives of Kansans can add up to big benefits," Sleichter said. "These parking signs fit nicely with our nutrition and physical activity initiative because they encourage residents of Dickinson County to change something while they conduct their business and personal errands."

Funding for the parking signs was provided by the Kansas Health Foundation, a Wichita-based philanthropic organization whose mission is improving the health of all Kansans.

The Community Foundation of Dickinson County currently stewards over \$4 million in charitable assets—the result of contributions from families, individuals and businesses who care about our community. Established in 1999, the Foundation makes charitable giving easy, flexible and effective.

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### *Change something*

Meredith Sleichter stands next to a sign located at the north end of Little Ike Park in Abilene which urges local residents to park farther away from their destination than usual and "take extra steps for health."

Sleichter, program director, said the signs are being posted in conjunction with the Kansas Health Foundation's statewide media campaign which promotes good nutrition and physical activity. Four signs have been posted in Abilene at West's Country Mart, the Abilene Community Center and Dickinson County Courthouse. (Courtesy photo)