

Are you Harper County Strong? Your chance is coming soon! BE HPCO STRONG, a 56 day challenge encouraging a strong wellness mindset for Harper County's residents, will launch March 27th. This challenge is being presented by Harper County Strong, a collaborative effort of USD361, USD511, the cities of Anthony, Attica and Harper, Harper County, Harper County Extension, Patterson Health Center and the Health Foundation. HPCO STRONG's goal is to make Harper County stronger through better communication, education and unity. "I believe this challenge will make all of us stop and think about being more purposeful in our personal lives and in how we can make Harper County better." said Shelly Hansel, Harper County Community Development Director.

The challenge will include a list of activities for participants of all ages to try to complete. Some will be daily, others will be weekly and some will be completed only once or twice. The challenges are based on the 5 elements of wellbeing as suggested in research by Rath and Harter: Purpose, Financial, Physical, Social, and Community. Participants may choose to complete challenges in all areas, or choose just one or two.

The challenge will begin on March 27 and end on May 20. "I am excited to have the Harper County Strong Challenge take place at the same time as our annual Walk Kansas program. I think it will add extra motivation for community members to focus on their health!" said Christy Reel, Harper County Extension Agent. Harper County currently ranks in the bottom 10% of healthy counties in Kansas according to countyhealthrankings.org

Friday evening, May 20th a HPCO STRONG Challenge celebration will be held at the Anthony Lake. This free, family friendly event will include games, food trucks, music

and prizes for those who took the challenge. An exciting part of the evening will be the Glow Run, a 5K run/walk. There will be an entry fee for the 5K.

HPCO STRONG Challenge packets will be available March 14 at city offices, wellness centers, the Clerk's Office in the courthouse and other locations around the county.

Join the HPCO STRONG Facebook group to learn more. "I hope this challenge will continue to unite our county and help us all grow individually and collectively!!" said Hansel.