April Wellness

Be Kind to Mother Nature!

Farmers’ Markets around the Area

This month, check out some local Farmers’ Markets. You never know what you might find!

Farmers’ Markets are a great source for purchasing organic, local foods. Most will start in May or June. Markets around the area are as follows:

1. **Orofino Farmers’ Market**
   Tuesdays, June 11 – October 8, 3:00pm – 6:00pm
   Orofino City Park, Orofino

2. **Moscow Farmers’ Market**
   Saturdays, May 4 – October 26, 8:00am – 1:00pm
   Friendship Square, Downtown Moscow

3. **Tuesday Growers’ Market**
   Tuesdays, May 28 – October 8, 4:00pm – 6:30pm
   Moscow Co-Op Parking Lot

4. **Dale’s Saturday Market**
   Saturdays, May 18 – October 5, 8:00am – 12:00pm
   Junction Lumber Hardware & Supply, Potlatch

5. ** Lewiston Farmers’ Market**
   Saturdays, June 8 – September 28, 4:30pm – 7:30pm
   D Street, Parking Lot & Brackenbury Square, Downtown Lewiston

**Step 1:** Complete a Health Qualification Form (HQF) with your primary care provider.

**Step 2:** Complete an online Personal Health Assessment (PHA) at the Blue Cross of Idaho member portal.

**Step 3:** Watch the Know Your Numbers and Benefits 101 Tutorials and complete the short exam at the end of each tutorial.

**Step 4:** Participate in one Support Program.


Be Kind to Mother Nature!

Complete all steps by April 30th to receive your rewards!
April Events

April 16th – Easter Egg Decoration for Kids at Lewiston Community Center!
- 6:30 – 7:30 pm
- Ages 4 – 10
- Fee: $10 per person
- Sign up by April 10th

Registration form: http://www.cityoflewiston.org/DocumentCenter/View/7063

April 18th – Twilight 5K
- Kiwanis Park – Lewiston, ID
- 7:00pm Start Time

April 22nd – Earth Day

April 26th – Seaport River Run
- Swallows Park – Clarkston, WA
- 9:40am – Line Formation
- Fee: $18 with t-shirt, $11 without t-shirt
- Pre-register by April 17th

It’s National Nutrition Month!

Check out this Fruit and Vegetable nutrition database. One look and you will see that eating a colorful variety of fruits and vegetables provides a wide range of valuable nutrients!

Wellness Speaker

This month’s speaker will be Mary Busch. Mary is a Horticulture Associate from the University of Idaho extension office. She will be talking about planting home gardens with foods you can use in everyday meals.

If you have never planted a vegetable garden, there is no time like the present! It is a therapeutic hobby, it gives you more control over what goes in your meals and it’s easily accessible since it is located right in your back or front yard!

What: “Gardening 101 – Creating your own veggie garden with ease!”

When: April 16th from 12 – 1
Where: MLH 210

LCSC Wellness
www.lcsc.edu/wellness
Thanks to VSP, you and your family save

As a VSP member, you have access to the TruHearing program which provides low, straight-forward pricing on hearing aids and hearing aid batteries. No gimmicks or tricks, just great personal service and deep savings compared to national average retail prices.

**Savings and Service is Where We Start**

For example, members save an average of $890 per hearing aid compared to retail. With TruHearing, getting hearing aids doesn't have to be a frustrating and complicated process.

**Personal Service**

Getting great savings doesn't mean you have to sacrifice personal service. TruHearing takes the time needed to answer your questions. Then when you are ready, we schedule your first appointment with a hand-selected professional hearing care provider near you. TruHearing is here to stand by you every step of the way. After your appointment, we follow up to ensure your complete satisfaction, and make sure you were treated right.

**TruHearing purchases include:**
48 Batteries per Hearing Aid; 3-Year Manufacturer's Repair Warranty; 3-Year Coverage for One-time Loss and Damage (small replacement fee paid to manufacturer); 45-day Money Back Guarantee; 3 visits for fitting and adjustments

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**How do you start?**

With one simple call.

Call (877) 372-4040 to schedule your first appointment, & start saving

→ **Quick and friendly assistance is only a phone call away with TruHearing**

We schedule you with one of our hand-selected hearing care providers near you

→ **Customer Care team can also answer any questions you may have**

Our network provider finds the right aid for you & orders from TruHearing

→ **They also fit and adjust your hearing aid for optimal performance**


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**Whether you or someone you know has hearing loss, TruHearing can help.**