

Rural Health Initiative

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Who kept the faith and fought the fight; The glory theirs, the duty ours. They earned the crown, the hero's right, The victor's wreath - a crown of flowers- Wallace Bruce

Welcome to the Rural Health Initiative (RHI) May e-newsletter. It appears the warmer temperatures are here to stay. Let the good times roll.

Choose to Get Moo-ving. RHI to host three 5K events this summer.



Choose between 3 dates and locations

Explore 3.1 miles (5 Kilometers) of a local farm or fairgrounds this summer. The Rural Health Initiative is hosting three *Choose to Move* 5Ks this summer to encourage community members to exercise while raising awareness and funds for the non-profit that brings wellness services and information to farmers' kitchen tables.

"This is definitely something fun for people of all ages," said Rhonda Strebel, executive director of the Rural Health Initiative.

To read the latest news release (5/24/16), click [HERE](#).

3 Choose to Move 5K Dates and Locations:

1. *Outagamie County Breakfast on the Farm*. Sunday, June 12th / 7:00AM. [Register](#).
2. *Waupaca County Fair*. Sun, August 28, 2016 / 10:00AM. [Register](#).
3. *Shawano County Fair*. Thursday, September 1, 2016 / 6:00PM. [Register](#).

Sponsorship opportunities available. Contact shaya@rhiwi.org or call 715-524-1488.

Get yourself (and a friend) registered TODAY. Register online or via mail. Visit www.wiruralhealth.org for complete details, or search *Choose to Move* at www.active.com

UPDATE: Date Confirmed for Wisconsin Dairy News Segment



We've set a date! The Wisconsin Milk Marketing Board (WMMB) is scheduled to film a segment of their [Wisconsin Dairy News](#) on Thursday, June 2nd, 2016.

The segment will focus on *Kitchen Wellness*, the Rural Health Initiative's signature service, which includes on-site and complimentary preventive health screenings, immediate test results, education, and referral information to local farmers and agribusinesses. We'll keep you posted as we know more!

UPDATE: 5th Annual Wine & Cheese Tasting, Successful & Fun

The 5th annual *Wine & Cheese Tasting* held Friday, April 22, 2016 at the Crystal Falls Banquet Hall in New London, was a success. With the generosity of approximately 200 attendees, the event raised \$12,588.00. All proceeds stay local.



2016 Highlights

- **1st Annual Quesadilla Cook Off:** Congratulations to the *Outagamie County Executive Chefs* for earning bragging rights to the 1st annual Quesadilla Cook Off with their hand-picked Chorizo Beef recipe.
- The **13 winners of the 2016 Rural Health Initiative Cash Raffle** were announced live. The TOP WINNER of \$1,000 was present to accept the winnings.

Proceeds are used to further the mission of the Rural Health Initiative in Shawano, Outagamie, and Waupaca counties by providing complimentary, convenient (on-site), and confidential *Kitchen Wellness* to local farmers and agribusinesses.

Thank you to each and every sponsor, volunteer, and attendee for contributing to another successful event.

Bring on the Burgers. 13 recipes for this weekend's BBQ

Hey grill-master, fire up the grill.



Craving a not-so-basic burger? We've got the perfect article. With 9 ways to "wow up" your burgers and alternate options to beef, this article will lead you directly to burger paradise.

13 Burger Recipes for Your Memorial Day Cookout. Click [HERE](#) for must-have recipes.

Source (picture): www.lohud.com/Getty Images/iStockphoto

Campaigns & News



Friend of Rural Health Initiative

Click to view some of the smiley faces of our RHI supporters.



RHI News

Read the various posts from the Rural Health Initiative's website.

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Thank you for taking a few minutes to check out our monthly e-newsletter. Have a safe and enjoyable Memorial Day holiday.

Stay safe & healthy -

Rural Health Initiative

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