

FOR IMMEDIATE RELEASE

For more information, contact: Lauren Coover
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Photo(s) To Print Media

Lauren Coover to serve as Wildcat District Community Health Worker

I am Lauren Coover, your local Community Health Worker with K-State Research and Extension. I'm excited to offer free services aimed at helping you take charge of your health, connect with valuable local resources, and become more engaged in the opportunities our community provides.

Contact me to schedule a COMET or QPR community health training for your group or workplace. COMET is a peer mental health support program that empowers individuals with the skills to help others manage mental health challenges with compassion. QPR is a suicide prevention training that teaches how to recognize the signs of emotional distress and how to intervene when someone may be at risk for suicide.

I also manage the Parsons Farmers Market and community garden. The Farmers Market provides fresh, locally grown produce, and it's a great way to support our local agriculture while making healthier food choices available. The Parsons Kids community garden offers a hands-on approach to healthy eating by teaching our kids how fun it is to grow their food!

Whether you want to improve physical, mental, or emotional well-being, I can help you create a personal health plan that aligns with your goals and enables you to navigate local resources and services.

If you're interested in learning more about these programs, want to get more connected to what's happening in our area, or create your own personal health plan, I am here to support you. We can create a stronger, healthier, and more connected community.

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