

# HEALTHY LIVING RESOURCES

Rice County

## 1 QUIT PARTNER

Free help to quit your way. Quit Partner is Minnesota's free way to quit nicotine, including smoking, vaping and chewing. Quit Partner supports with one-on-one coaching and other helpful tools. Whenever you need Quit Partner, it's available to help 24/7 at [quitpartnermn.com](http://quitpartnermn.com).

## 2 SOUTH CENTRAL MOBILE CRISIS TEAM

The Horizon Homes, Inc. South Central Mobile Crisis Team is available to provide support for Rice County children, teens, and adults experiencing a mental health crisis. This service is designed to provide support in the comfort of the individuals home or other community location. Call 877-399-3040 or [here](#) to learn more.

## 3 FARIBO WALKING MILES

Walk on a flat service, with light, air conditioning or heat, in a safe location at the Faribo West Mall. Walk for any reason while improving physical and mental health, and social interaction. Find foot prints on the walls with tips and information on the [Faribo Walking Miles Facebook page](#) for motivation.

## 4 SHATTUCK ST. MARY'S FIELD HOUSE

During winter mornings, the fieldhouse serves as a warm place for the Faribault community to walk or jog. Visit [ssmathletics.org/facilities/Dane\\_Family\\_Fieldhouse](http://ssmathletics.org/facilities/Dane_Family_Fieldhouse) to learn more. Address: Shumway Ave., Faribault, MN 55021

## 5 WALK! BIKE! FUN!

Walk! Bike! Fun! helps children ages five to thirteen learn traffic rules and regulations, potential hazards, and skills needed to bike and walk safely through the community. Call 507-332-5911 to schedule a free training or email [jramaker@co.rice.mn.us](mailto:jramaker@co.rice.mn.us). Visit [bikemn.org/education/walk-bike-fun](http://bikemn.org/education/walk-bike-fun) to learn more.

## 6 FARMERS MARKETS

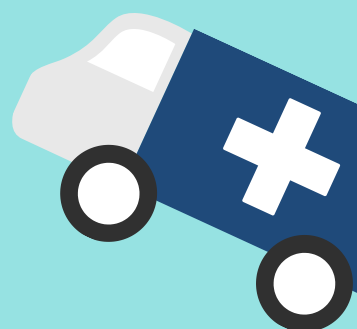
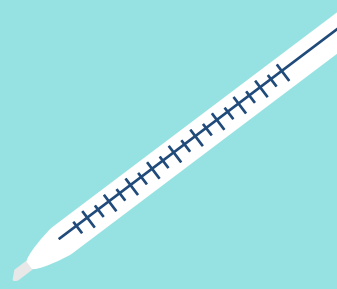
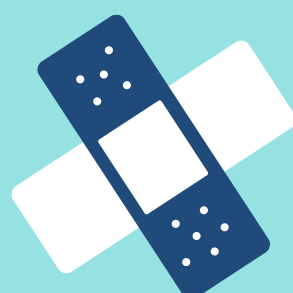
- [Cannon Valley Grown](#)
- [Faribault Farmers Market](#)
- [Lonsdale Farmers Market](#)
- [Northfield Farmers Market](#)
- [Riverwalk Market Fair in Northfield](#)

## 7 JUNIPER

Find programs that provide education, fitness instruction, and self-care strategies. Evidence-based programs help people experience improved wellness and quality of life. Visit [yourjuniper.org](http://yourjuniper.org) to learn more.

## 8 WELLCONNECT

Find evidence based health programs that prevent disease and improve quality of life. Visit [wellconnectsemn.org](http://wellconnectsemn.org) for more information.



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## 9 UMN EXTENSION

University of Minnesota Extension discovers science-based solutions, delivers practical education, and engages Minnesotans to build a better future. Learn more at [extension.umn.edu](https://extension.umn.edu).

## 10 FARIBAULT YOUTH INVESTMENT (FYI)

FYI is dedicated to the success of young people in the Faribault area and is anchored by the 40 Developmental Assets; a framework which outlines the building blocks of healthy youth development. Find more information at [faribaultyouthinvestment.org](https://faribaultyouthinvestment.org).

## 11 GROWING UP HEALTHY (GUH)

GUH works with partner organizations and Latinx, immigrant and refugee families to transform communities through cultivating neighborhood leadership, fostering social connectedness, and collectively advocating for systems-level change. Learn more at [growinguphealthy.org](https://growinguphealthy.org).

## 12 FARIBAULT COMMUNITY SCHOOLS

Providing common places for the community to gather, learn, and grow while building a stronger, safer, and healthier Faribault. Find more information at [faribault.k12.mn.us/community-education/community-school](https://faribault.k12.mn.us/community-education/community-school)

## 13 GREENVALE COMMUNITY SCHOOL

A community hub, open mornings and evenings, that provides programming for over 500 children, families and the wider community. Find more information here [gvpcommunityschool.wixsite.com](https://gvpcommunityschool.wixsite.com).

## 14 EMERGENCY FOOD SHELVES

- [Faribault Food Access Initiative](#)
- [Lonsdale Area Food Shelf](#)
- [St. Vincent De Paul Food Shelf](#)
- [The Food Shelf in Northfield](#)

## 15 RICE COUNTY SOCIAL SERVICES

The Social Service Department provides community supported social services and financial assistance for eligible people to promote their dignity and independence. Learn more [here](#).

## 16 RICE COUNTY PUBLIC HEALTH

Rice County Public Health functions through the authority of the Rice County Community Health Board and has the responsibility to assure that the health of Rice County citizens is protected, maintained, and enhanced. Find more information [here](#).

