#### CURRENT FOCUS

The Murray County Medical Center Foundation recognizes that physical activity is a growing concern in rural communities and contributes to higher rates of chronic diseases such as diabetes, as well as increased mental health challenges. The outdoor fitness equipment project was developed to directly address these barriers by providing safe, accessible, and engaging fitness opportunities for Murray County residents.

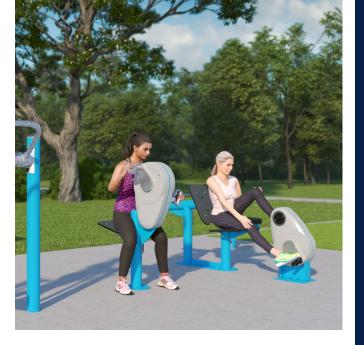




### HELP IMPACT MURRAY COUNTY

WITH THE MCMC FOUNDATION





#### **OUR MISSION**

The purpose of the Murray
County Medical Center
Foundation is to improve the
health care for residents of
Murray County by promoting
wellness and community
education, and to assist with
the capital improvements
and equipment purchases to
further enhance patient care.

# WHY ADULT OUTDOOR FITNESS EQUIPMENT?

Improves physical and mental health

Provides free access to fitness equipment

Increases time outdoors and sunlight exposure

Promotes social interaction

Acts as a community attraction

These sites are designed for individuals aged 13 through seniors and accomodate a wide range of fitness lievels. The project reduces barriers such as cost, accessibility, and limited program options in rural areas.

For questions regarding the project, please call 507-836-1231 or email solheimb@murraycountymed.org.

## HOW TO CONTRIBUTE

If you are interested in supporting the fundraising efforts, scan the **Venmo QR code** 



Or fill out this section and mail in a check to:

MCMC Foundation

2042 Juniper Ave

Slayton, MN 56172

NAME:	
ADDRESS:	
PHONE NUMBER:	
DONATION AMOUNT: \$	

THANK YOU FOR YOUR SUPPORT!