



Kansas Insurance Department

Sandy Praeger, Commissioner of Insurance

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Commissioner Praeger to promote healthy choices at farmers' markets

TOPEKA, Kan. — Kansas Insurance Commissioner Sandy Praeger is planning to visit area farmers' markets during the summer months to promote healthy lifestyle choices and to stress the importance of diet and exercise as key elements in preventing disease.

“An ounce of prevention is worth a pound of cure,” Commissioner Praeger said. “We are promoting the idea of eating healthy and shopping locally, and a farmers' market is the ideal place for that.”

The Commissioner and Kansas Insurance Department staff members are scheduling appearances at the following markets: Lawrence, Topeka, Atchison, Leavenworth, Overland Park, Holton, Ottawa and Emporia. Times and locations will be announced to each town's media prior to appearances.

At each appearance, Commissioner Praeger will also promote the importance of health insurance and access to good, affordable health care. She and her staff will hand out limited quantities of shopping note pads and reusable shopping bags, both with a sunflower logo and department information.

“A great way to reduce health care costs is to develop lifelong healthy habits,” Commissioner Praeger said, “and by shopping at your area farmers' market, you are choosing to buy locally produced foods from your friends and neighbors. That's a win-win situation.”

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The Kansas Insurance Department, established in 1871, assists and educates consumers, regulates and reviews companies and licenses agents selling insurance products in the state. More about the department is online at www.ksinsurance.org.