



# Healthy Lakes, Thriving Communities.



LILLY CENTER FOR  
**LAKES  
& STREAMS**

**GRACE**  
COLLEGE

## Imagine a future where your lake is healthy, the beaches are open, and you can swim worry-free.

Your community is thriving, and your quality of life improves. Such a future is possible.

**Lake Rx: A Prescription for Healthy Lakes** is a plan by the Lilly Center for Lakes & Streams to achieve that future.

Lakes can often hold visible and invisible threats. Blue-green algae toxins, *E. coli*, and excess weeds can make it unpleasant and even unsafe to enjoy the lake. These threats impact the local economy, recreation, tourism, and quality of life.

Lake Rx is a **holistic** approach to lake health. Backed by 20 years of research, the Lilly Center will create **custom prescriptions** for individual lakes. Solutions on land, in the water, and in the community will speed up your lake's return to health, making your community a better place to **live, work, and play**.



# A Shared Vision for Thriving Lake Communities

## HOLISTIC SOLUTIONS FOR LONG-TERM LAKE HEALTH



Land that drains into a particular body of water is its **watershed**. Everyone lives in a watershed — and our actions have an impact on lake health. Caring for lakes, land, and the community benefits people, businesses, and the environment.

### Characteristics of a thriving lake community:




- Sustainable agriculture
- Responsible lake recreation
- Balanced aquatic ecosystems
- Revitalized wetlands
- Unimpaired streams
- Hands-on K-12 education
- Proactive landowners
- Invested lakefront residents
- Healthy businesses

## LAKE R<sub>x</sub> SOLUTIONS FOR HEALTHY LAKES




### Solutions on Land:

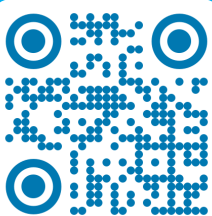
-  **Agricultural Best Practices:** Identifying the farming practices with the best “bang for the buck” incentivizes practices that benefit the farmer and the lakes.
-  **Optimizing Wetlands:** Only 15% of Indiana’s original wetlands remain. New and revitalized wetlands will filter pollutants from the water before they reach the lake.

### Solutions in the Water:

-  **Blue-green Algae Research:** Algae research can predict and prevent harmful algae blooms so people and pets can recreate safely on the lakes.
-  **Ecosystem Rebalancing:** Reducing invasive species like zebra mussels will help restore a balanced lake ecosystem and manage toxin-producing algae.
-  **Weed Management:** Excess aquatic plants can impede recreation, reducing community lake access. Mechanical harvesting is a sustainable alternative.

### Solutions in the Community:

-  **Water Literacy:** Water literacy changes behavior today and equips K-12 students and adults to make better decisions in the future.
-  **Responsible Boating:** Boating in at least 10 feet of water when creating a wake minimizes the impact on the lake, reducing the food available to toxic blue-green algae.
-  **Native Shorelines:** Installing native plant buffers helps keep soil and nutrients where they belong, rather than allowing them to enter the lake.



### Learn more today!

Learn more about Lake R<sub>x</sub> and consider how you might support thriving lake communities by visiting [lakes.grace.edu/LakeRx](https://lakes.grace.edu/LakeRx) or scanning the QR code.



## Our Partners

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Lake Rx projects include partnerships with stakeholders who **share a vision** for healthy lakes. Partners include lake associations, environmental nonprofits, local government, and state and federal agencies.



### Support Thriving Lake Communities

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