

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## Bethel Family Health Center provides StoryWalk for May Fair

BETHEL—The rain held off for May Fair on Saturday, May 9 and families celebrated springtime with a morning of fun at Crescent Park School, organized by the CPS Parent Teacher Association. Highlights included a bike rodeo, cake walk, maypole dance, and a StoryWalk provided by Bethel Family Health Center.

A StoryWalk is an activity that combines literacy and physical activity.

Enlarged pages of the story “Oh, the Things You Can Do that are Good for You” by Tish Rabe were attached to posts and placed along the trail

leading to the field behind the school. Signs directed StoryWalkers to perform different actions—leap, dance, hop on one foot—to move between pages.



Sisters Audra and Celia approach the next StoryWalk page

The StoryWalk is available through the HealthReach Youth Initiative, a program to promote nutrition and physical activity to children and families in HealthReach communities. Through the Youth Initiative, Bethel Family Health Center participates in the Let's Go! 5-2-1-0 childhood obesity prevention program, collaborates with River Valley Healthy Community Coalition to offer SNAP-Ed courses, and offers programs for schools. In April, Crescent Park Elementary students learned about how much sugar is in their favorite drinks thanks to a display provided by the health center. In June, the health center will use the StoryWalk with children from the Mahoosuc Kids Association summer program.

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## **About Bethel Family Health Center**

Bethel Family Health Center is part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.

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