

# HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

## Lovejoy Health Center staff visit Albion Elementary to teach healthy habits

ALBION—On June 8<sup>th</sup>, Ms. Hatch's 3<sup>rd</sup> grade class and Ms. Wastella's 4<sup>th</sup> grade class participated in a special program on healthy habits. Jeanne Alley, LPN and Eva Greenthal, AmeriCorps VISTA member, guided the 3<sup>rd</sup> graders in a StoryWalk and delivered a classroom lesson on healthy snack choices for the 4<sup>th</sup> graders. With the school year ending shortly, Alley and Greenthal encouraged kids to make healthy choices over the summer.

The StoryWalk is an activity that combines literacy, physical activity, and messages about healthy habits. 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



Albion student Emma Wallace enjoying a StoryWalk

along a trail. Students took turns reading the pages aloud and then performing an action-- run, leap, crab walk, hop on one foot—to move to the next page. Themes covered in the story include nutrition, exercise, sleep, stopping the spread of germs, dental hygiene, feelings and emotions, bike safety, and more.

Through the healthy snack lesson, 4<sup>th</sup> graders learned to distinguish between 'Go Foods, Slow Foods, and Whoa Foods,' discussed the benefits of eating healthy snacks, and acquired skills for reading nutrition labels. Students also enjoyed a delicious snack of fruit kabobs provided by the health center. Many students declared they would rather eat fresh fruit than potato chips—the lesson was a success!

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This program was made possible through the HealthReach Youth Initiative, a program that promotes nutrition and physical activity to children and families in HealthReach communities. Lovejoy Health Center is proud to serve as a health education resource for local schools, and looks forward to partnering with Albion Elementary again next year.

### **About Lovejoy Health Center**

Lovejoy 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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