

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Madison Area Health Center provides StoryWalk for Fun Day at Madison Elementary

MADISON— The second to last day of school at Madison Elementary was an official Fun Day. Classes rotated between seven indoor and outdoor stations including relay races, an obstacle course, limbo and musical chairs, and more. Parent volunteers as well as volunteers from New Balance and Madison Area Health Center were instrumental in making this special day possible. AmeriCorps VISTA member Eva Greenthal and Practice Manager Colleen Cyr from the health center brought a StoryWalk which served as one of the seven stations.

The 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 a trail. Students read the pages together and then followed signs directing them to perform a different 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, and bike safety.

The StoryWalk is available through the HealthReach Youth Initiative, a program that promotes nutrition and physical activity to children and families in HealthReach communities. The Youth Initiative offers other programs for schools, including classroom lessons on healthy snacks, sugary drinks, and more. Madison Area Health Center and Madison Elementary are both registered Let's Go! 5-2-1-0 sites and are proud to collaborate in spreading the 5-2-1-0 message: 5



Breanna and Ryan Parlin on a StoryWalk

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fruits and vegetables, 2 hours of screen time or less, 1 hour of physical activity, and 0 sugary drinks every day. The health center looks forward to collaborating with Madison Elementary again next year.

About Madison Area Health Center

Madison Area 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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