

HealthReach Community Health Centers



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FOR IMMEDIATE RELEASE

Mt. Abram Regional Health Center provides StoryWalk at Kingfield Elementary Wellness Day

STRONG – With just enough snow left on the ground, Kingfield Elementary celebrated ways to be active and healthy in winter with Winter Kids Wellness Day on March 26th. Activities included cross-country skiing, snowshoeing, sledding, a healthy foods relay, and more. Eva Greenthal from Mt. Abram Regional Health Center and Molly Clark from Let's Go! Franklin County provided a StoryWalk station. Kindergarten, first, and second grade classes participated in this activity which 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 through the woods. Eva and Molly guided students through the story, reading the pages together and then performing an action—leap, dance, hop on one foot—to move to the next page.



A Kingfield Elementary student on a StoryWalk

Mt. Abram Regional Health Center and Kingfield Elementary are both registered in the statewide Let's Go! 5-2-1-0 childhood obesity prevention program which encourages collaboration between schools and health care practices to promote the 5-2-1-0 message: 5 fruits and vegetables, 2 hours of recreational screen time or less, 1 hour of physical activity, and 0 sugary drinks each day. The StoryWalk activity is available as part of the HealthReach Youth Initiative, a program that promotes nutrition and physical activity to children and families in HealthReach communities. The Youth

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Initiative offers other programs for schools, including classroom lessons on healthy snacks, activities on sugary drink consumption, and more.

About Mt. Abram Regional Center

Mt. Abram Regional 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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