

# HealthReach Community Health Centers



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## Grades Three through Five at Windsor Elementary learn healthy habits through the HealthReach Youth Initiative

WINDSOR—On May 22, five classes of students in grades 3 through 5 were visited by staff from Sheepscot Valley Health Center for a special program on healthy habits. Third graders used the StoryWalk, 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. AmeriCorps VISTA member Eva Greenthal and Practice Manager Paul Audette guided students through the story, reading the pages together and then performing an action—run, leap, crab walk, hop on one foot—to move to the next page.

Fourth and fifth graders learned about nutrition and healthy snack choices through a one-hour classroom lesson. Students learned the difference 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 healthy, delicious snack of fruit kabobs provided by the health center.

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. Sheepscot Valley Health Center is proud to serve as a health education resource for local schools, and looks forward to partnering with Windsor Elementary for another healthy habits day next year.

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## **About Sheepscot Valley Health Center**

Sheepscot Valley 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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