



**Addressing the increasing issues with childhood obesity and the overall health of our youth, Saunders Medical Center is kicking off the "Youth Be Well" project.** The goal of the program is to increase healthy behaviors of the students in our schools.

**Each month the students will receive a calendar with activities** and will be

encouraged to do as many days of the month as they are able. They will earn points for each activity that they perform.

- Parents are asked to sign off on the monthly calendars and are encouraged to do these activities with their child.
- If your child has a physical, developmental or dietary limitation, please call Josh Trutna (Wahoo Public) or Linda Hoven (St. Wenceslaus) for suggestions of modifications. The goal is for no child to be left out.
- The classroom teachers will collect the calendars by the Tuesday following the last day of the month. Those received after that date will not be counted. They will get them to the school nurses who will work with the project staff at Saunders Medical Center to track points and help students earn prizes.

Video & More Details at **SaundersMedicalCenter.com/be-well/youth.html**

Questions? Contact SMC at 402 443-4191.

