



Dear Parents,

Saunders Medical Center is working in coordination with local elementary schools on a pilot project to **address the increasing issues with childhood obesity and the overall health of our youth.** This "Youth Be Well" project will 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.

Saunders Medical Center staff will also be offering monthly mini presentations on a health topic to the students and teachers. You can access the calendars and other educational materials online at: SaundersMedicalCenter.com/be-well/youth.html

We are very excited about this pilot project that will run January thru May 2018! We will then assess the value of the project and potentially expand to include more schools in Saunders County. If you have any questions, or would like more information about our Health Coaches, don't hesitate to contact us at 402 443-4191.

Saunders Medical Center
Youth Be Well COMMITTEE

THANK YOU TO OUR SPONSORS:

Dairy Queen, Pizza Hut, St. Wenceslaus School,
Wahoo Public Schools and Wahoo Parks and Recreation

1760 Cty Road J | Wahoo, NE 68066 | 402 443-4191

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