

Education and Health are Inseparable...



Become a Part of the Solution ... Be a HealthMPowers Sponsor

YES! I would like to help schools in my community.

I am making a donation to help provide HealthMPowers programming to a local school at the following level:

- | | |
|--------------------------------|---------------------------------|
| <input type="checkbox"/> \$25 | <input type="checkbox"/> \$250 |
| <input type="checkbox"/> \$50 | <input type="checkbox"/> \$500 |
| <input type="checkbox"/> \$100 | <input type="checkbox"/> \$1000 |

- I am making this gift in honor of :
- I am making this gift in memory of :
- Name and address for acknowledgement:
- Please contact me about becoming a volunteer.
- Please send me information about including HealthMPowers in my estate.

Name: _____

Address: _____

Phone: () _____ - _____ Email: _____

HealthMPowers is a 501 (c)(3) charitable organization, and contributions are tax deductible (Tax ID #58-2524601)

For more information, contact us at:

info@healthmpowers.org

The Challenge...



Supporting school health has never been more important than it is today. Considering 95% of all children attend school, the

school environment is an important setting for teaching, modeling and encouraging health-promoting behaviors. Developing healthy eating and physical activity behaviors now can not only impact learning, but also the health of this school age generation.

A Solution...

HealthMPowers is helping schools find ways to integrate health and physical activity into the school day without compromising education, but rather enhancing it.

HealthMPowers:

- Provides a unique health promotion program that travels to elementary and middle schools throughout Georgia.
- Provides services to students and the two most important support systems in students' lives – family members and school staff.
- Strengthens the link between health and academic achievement.

Providing Multiple Services for Multiple Populations

FOR STUDENTS

- School wide programming, including the Body Walk exhibit
- Classroom exercise DVDs
- Extension and supplemental health education activities
- *Kid2Kid* newsletters



FOR STAFF/SCHOOLS

- Staff development/training
- Staff worksite wellness programs
- School Health Council development and leadership training
- Technical assistance
- Classroom resources



FOR FAMILIES

- *Family Times* newsletters/homework
- Family seminars

ADDITIONAL SERVICES

- Integrated health programs for classroom teacher use
- Fitness tracking records, portfolios and calendars
- Heart rate monitor loan program
- Pedometer loan program