

HEALTH & WELLNESS NEWSLETTER

South Carolina
PTA
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LiveWell!
greenville
LiveWellGreenville.org

February 2018

Valentines Day Parties



Valentine's Day is around the corner and many parents are planning for Valentine's Day parties. Why not celebrate the holiday with healthier snacks or even non food items? Real food tastes better, makes you feel better, and your children will thank you for the nourishment. Here are some links to some fun snacks for your Valentine's day school party.

Food: [Healthy Valentine Treats](#)

Craft: [You Make My Heart Glow](#)

Activity: Jump Rope, kick ball game, extra recess

How will we make Greenville one of the healthiest places to live in the nation?

Join the 150 LiveWell Coalition Partners at our annual meeting on **March 2nd at 10am!** We will share a draft version of Greenville's Comprehensive Community Action Plan focusing on Healthy Eating and Active Living (also known as "HEAL"ing Greenville).

Partners will have an opportunity to add to this "living document," making Greenville the healthiest county to live, learn, work, play and pray.

[Register Today!](#)



Save the Date: April 20th-21st, 2018

SCPTA: Annual Convention

JL Mann High School



Need plans for February 16th when students are out of school? Get outside and be physically active with your children. The City of Greenville will host a **Mobi Rec Play Day at Gower Park on Friday, February 16th from 12noon-2pm.**



Water Safety Week: April 2nd-5th, 2018

The YMCA of Greenville has partnered with Upstate Pool Management to offer Water Safety lessons to the community of Greenville, SC. During the week of Spring Break, anyone from ages 6 months to adult is invited to learn water confidence and the Y's Safety Around Water curriculum.

Water Safety week is FREE, but registration is required. [Click here](#) to register online **after February 26th.**

Greenville Locations:

- Eastside Family Y in Taylors
- Caine Halter Family Y in downtown Greenville
- YMCA Program Center – GHS in Simpsonville



For more information, contact Erica McCleskey, D1 Health and Wellness Chair and LiveWell Greenville Partnership Coordinator. emccleskey@livewellgreenville.org or 864-354-4706. Sign up for these newsletters on our [website](#) or by e-mailing.