Go Further with Food:
March is National Nutrition Month

Did you know that March is National Nutrition Month? Here are some tips and tricks to get your kids into the healthy mindset: add fiber into your family’s diet with the inclusion of foods like oatmeal, nuts, or vegetables like broccoli. As a treat, give your kids a square of dark chocolate, a sliced banana, or a cup of applesauce instead of candy or ice cream. Cook with your kids! Getting your children involved in the cooking process teaches them healthy habits and leaves them with a sense of accomplishment.

FREE nutrition tip sheets to share with your family and schools.

Funding Opportunity for Schools Working on Healthy Schools Program Application

Support your school by serving on the Health and Wellness Committee and/or offer your assistance in creating an Action Plan to make your school a “healthy school”.

Schools with completed assessments and action plans by April 23rd will be entered for a chance to win a $500 Target gift card and eligible for a $2,000-$5,000 grant from Blue Cross Blue Shield Foundation.

LiveWell unveils HEALing Greenville Action Plan.

132 individuals from 48 organizations, representing all sectors of our community, convened in one place to HEAL Greenville at LiveWell’s Annual Meeting. Read more.

SCPTA: Annual Convention

April 20th-21st, 2018
JL Mann High School
Register Today!

Be inspired by many speakers, to learn and grow by sharing ideas and success stories, and to celebrate the accomplishments of you—dedicated volunteers.

FREE Opportunities for Active Living

Get outside and be physically active with your children. The City of Greenville will host a Play Day at Cleveland Park on Saturday, March 31 from 1:30pm-3:30pm.

April 2—5 Water Safety Week: Click here for FREE and required registration.

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.