

# HEALTH & WELLNESS NEWSLETTER



LiveWellGreenville.org

## March 2018

### 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.



#### PARTNERS IN HEALTHY 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](mailto:emccleskey@livewellgreenville.org) or 864-354-4706. Sign up for these newsletters on our [website](#) or by e-mailing.