

All participants
should dress
comfortably.
You'll end your
day with
activities that
will
energize you
and
your kids!



www.unomaha.edu/nahperd/

Nebraska AHPERD
Presents

MAKING
\$EN\$E
OF YOUR
SCHOOL
WELLNESS
POLICY

August 19, 2006
9:00 a.m. — 12:30 p.m.
Charles Culler
Middle School
5201 Vine - Lincoln, NE

Come learn the
ABC's of the
Wellness Policy

This **FREE** workshop
targets:

School Wellness Councils, School
Board Members, School Nurses,
School Administrators, Teachers,
Support Staff, Health Professionals,
Parents and...**anyone interested in
the wellness of children!**



- Participate in fun **A**ctivities!
- Discover ways to boost kids' **B**rain
Brains with nutritious food and
physical activity!
- Explore creative, culturally
diverse **C**elebrations that can
be implemented in any setting!



Snacks can be good for you!

Workshop Agenda

- 8:30 Sign-In
- 9:00 Welcome/Introductions
- 9:05 School Wellness Policy
Overview
- 9:45 Fitness Ball Activity Session
- 10:15 Group Activities/Active
Celebrations
- 11:05 Break
- 11:15 Nutrition Overview/Healthy
Food Celebrations
- 11:20 Healthy Vending Options/
Samples
- 11:45 Fundraising Options/Samples
- 12:05 Activity Session/Wrap Up
- 12:30 Workshop Concludes



Healthy vending options
are good investment.
Learn more!

**Be sure to
register early!**

To register,
please e-mail the
following information
to
dzoucha@alltel.net
by

August 15, 2006



Name

Address & Phone

Organization/School

***Also let us know if you are
a member of your
School Wellness Council**



Those without Internet access can
send the above information to:

Dixie Zoucha
914 West 4th Street
Hastings, NE 68901
Fax # (402) 462-6219

