

HEALTH & WELLNESS NEWSLETTER

South Carolina
PTA
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LiveWell!
greenville

LiveWellGreenville.org

September 2018

Health and Wellness Team

Back to School Snack

Most children are hungry after school. Try this snack to cool their hunger. Mix together 2 cups of any choice of berry, 2 cups of Greek yogurt and 3 tablespoons of raw honey. After each berry is coated, lay out berries on parchment paper covered baking sheet and freeze!

Prep for meals and snacks because:

1. Goodbye temptation,
2. Hello control!
3. You will save time...
4. But even better, you will save money!
5. Hunger will no longer be a problem— your next meal is ready to go!
6. You are more likely to be a member of the clean-plate club!

Help us in encouraging your SIC or PTA Health Wellness committee to participate in Alliance for a Healthier Generation. Students and faculty at each school needs an active wellness team to support healthy eating and active living.

[Click here](#) for more information.

This October, 20 Greenville County Schools will be recognized as a Healthy School! Stay tuned for the list.

PARTNERS IN HEALTHY SCHOOLS

GREENVILLE COUNTY
SCHOOLS
Where Enlightening Strikes!

LiveWell!
at school

ALLIANCE FOR A
**HEALTHIER
GENERATION**

Achilles International

Do you have or know of an individual who may have a medical/adaptive need and wants to compete in mainstream running events? Get involved & contact Hannah Anderson, at (864) 340-4519 or email achillesgreenville@gmail.com



New Local Children's Book

On Saturday, September 22nd from 4-6pm at Swamp Rabbit Station, there is a book signing and meet the characters of this new children's book promoting physical activity!



Hispanic Alliance Health Fair
September 29th 10:00am-1:00pm

Legacy Charter School

900 Woodside Avenue

Greenville 29611

Many community partners are offering FREE services such as: flu shots, dental and vision examinations, as well as allowing guests to meet with various healthcare providers and social service agencies.

Interested in volunteering? [Complete this form](#)

For more information, contact Erica McCleskey, DI 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.