



**GOOD
SAMARITAN**
HOSPITAL MEDICAL CENTER

1000 Montauk Highway, West Islip, NY 11795
(631) 376-4444 • www.good-samaritan-hospital.org

HEALTHIER FAMILIES PROGRAM



Promoting **healthy** lifestyles for
Bay Shore School District
students and families

Spring 2013

A joint program of Bay Shore School District, the Bay Shore
Wellness Alliance and Good Samaritan Hospital Medical Center

WHAT IS THE HEALTHIER FAMILIES PROGRAM?

The Healthier Families Program is a joint program between the Bay Shore School District and Good Samaritan Hospital Medical Center to educate and encourage parents/guardians and students on the importance of healthy lifestyle choices. A multidisciplinary team will work with your family to develop a plan for long-term good health.

MEMBERS OF THE TEAM INCLUDE:

Bay Shore School District Staff (physical education teachers, etc)

Good Samaritan Hospital Medical Center Healthcare Professionals (pediatricians, registered dietitians, registered nurses, licensed physical therapists, child life specialists, etc)

Community Members (Bay Shore Wellness Alliance members, YMCA staff, community wellness mentors, etc)

You and your child will become familiar with sound nutritional concepts and easy, convenient ways to serve healthy meals, and to instill healthy habits that will last a lifetime.

WHO MAY ATTEND?

Children selected by the Bay Shore School District staff members will be invited to participate. There is no cost, but children and families who are selected must demonstrate a commitment to completing the program. Enrollment is determined on a first-come, first-serve basis.



PROGRAM SCHEDULE

The Healthier Families Program is a 10-week program, held from **February 12, 2013 - April 25, 2013**. Meetings will be held at the Gene Schmidt Wellness Center, located at the Bay Shore Middle School on Tuesdays and Thursdays.

TUESDAYS

4:00 pm – 5:15 pm:

Children participate in fun, supervised, activity session

5:30 pm – 6:15 pm:

Parents/Guardians and their children participate in an interactive nutritional or discussion session

THURSDAYS

4:00 pm – 5:15 pm

Children participate in fun, supervised, activity session

Periodic measurements taken at the first, middle, and last sessions (i.e., BMI, weight, knowledge of nutrition, etc) to track their progress with the program

BENEFITS OF PARTICIPATION

- The program is free for you and your child to participate
- Transportation will be provided by the school district from your child's elementary school to the Gene Schmidt Wellness Center, which offers sophisticated exercise equipment and state-of-the-art monitors that provide direct feedback on the positive effects of physical exercise and proper nutrition
- The program provides tools and supplies, such as portion plates, food journals, etc. to help achieve long-term success
- Healthcare professionals will be available to answer your questions regarding wellness and health
- Your child will learn how to make physical activity fun and enjoyable in a non-competitive environment
- Prizes will be given to families who complete the entire program

TO LEARN MORE ABOUT THE HEALTHIER FAMILIES PROGRAM, please call Bay Shore Athletics Department at (631) 968-1186 OR Roseann Deluca at Good Samaritan Hospital Medical Center at (631) 376-3697