

Henry Ford Macomb Hospital is excited to announce a new session of our FREE healthy lifestyle intervention program, I Choose Health! Please share the attached two flyers widely with your student families, staff, and other connections as you see fit!

I Choose Health is a free, lifestyle intervention program for students age 10-16 who may be at risk of developing Type 2 Diabetes. (Family history, race/ethnicity predispositions, or even just living a sedentary lifestyle). In this program, students will meet weekly (mostly virtually, but with some in-person opportunities) for 9 months, over the course of the school year. During our sessions, we discuss topics around Nutrition, Physical Activity, and Behavioral Cues/Stress Management. Students will participate in many fun and engaging activities in order to help get them excited about choosing healthy habits. For example: herb gardening, cooking demos, live physical activity with trainers, art therapy, team building exercises, etc. At the completion of our program, we find that our students report healthier lifestyle habits and also reduce their BMIs, thereby lowering their risk of developing Type 2 Diabetes.

While most sessions will be held virtually, there are 5 in-person family events planned. We are therefore targeting youth in the northern end of Macomb County for this session, as in-person family events to be held in the Washington/Romeo area. (However, students can reside anywhere!) Classes will be held on Wednesday evenings starting Sept 28th. There are only a limited number of spots available for this session, so please share this information with families as soon as possible!

For any questions, or interest in enrollment, please email LMCKENZ3@HFHS.ORG!

School & Community Wellness

HENRY FORD HEALTH

Henry Ford Macomb

43421 Garfield Rd, Suite 200

Clinton Twp, MI 48038

586-263-2107

586-203-1088 Fax

www.hfmschoolhealthnetwork.org

HFMSchoolhealth@hfhs.org