



# Healthy You, Healthy Drew

**Healthy You, Healthy Drew (HYHD) is an initiative focused on nutrition, physical activity, wellness, healthy behaviors, and environmental stewardship.**

The 23-24 HYHD committee will be comprised of faculty and staff from across the PK-12 pipeline, and representatives from the Drew PTA, and a number of Drew's partners, such as the East Lake Healthy Connections program and the East Lake Family YMCA.

In past years, HYHD has sponsored and/or implemented programming and initiatives related to the focus areas. Events have included fresh fruit/veggie tastings, cooking demos, on-site farmers markets, meditation days, and staff wellness events. The HYHD committee is dedicated to bringing programs and opportunities to the entire Drew community, including students, faculty, staff, and parents. Drew works closely with community partners who support the health and wellness throughout the school community. The East Lake Family YMCA, East Lake Healthy Connections, Publix, The Common Market, and other partners/grantmakers help to make the education students receive at Drew relevant and impactful.

**Be on the lookout for additional information in August 2023.  
If you have questions, please reach out to Lindsey Luczynski  
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