



Spring, 2025

Dear Educator:

Wellness Services at Wood County Hospital is dedicated to helping children learn to make healthy lifestyle choices. Through interactive presentations, activities, and health fairs, we offer children the opportunity to learn essential skills for staying healthy. We would like to remind you about our **free** *Health and Wellness Programs for Children*.

The hospital now offers seven interactive programs targeted toward Pre-K-5th grade students:

- *Hi-Five* - a hand hygiene program that teaches the importance of proper hand washing. (Grades Pre-K-2)
- *Stuffee* - a program that covers a variety of health and safety issues. (Grades Pre-K-2)
- *Fitness is Fun* - a program that educates on the health effects of exercise and gives creative ways to incorporate those into the child's day. (Grades Pre-K-5)
- *Peace out: Leave Stress Behind* - There is a lot of pressure on students today to perform at school, and even more pressure within the peer group. This program demonstrates ways to relieve stress through relaxation techniques and yoga. (Grades K-5)
- *Veggie Basics 101* - is a program that encourages preparing and choosing vegetables by making it fun! (Grades K-5) *A healthy recipe is prepared to sample for the students.
- *Serving Up MyPlate* - introduces the importance of eating from all five food groups using the MyPlate icon and a variety of hands-on activities. Developed as four, 30 minute lessons, but can be abbreviated if needed. (Grades K-5)

All programs are free of charge and implemented as a short presentation during a class related to the current health or science theme at your school or day care center. We can provide these presentations to individual classes or classes can be combined depending on the program selected.

All programs are age appropriate and can be tailored to your specific needs. If you are interested in scheduling a presentation or for more information please call Wellness Services at 419-354-8887.

Sincerely,

Theresa L. Marchyok B.S., EP-C
Wood County Hospital Wellness Services
marchyokt@woodcountyhospital.org

WELLNESS SERVICES at Wood County Hospital

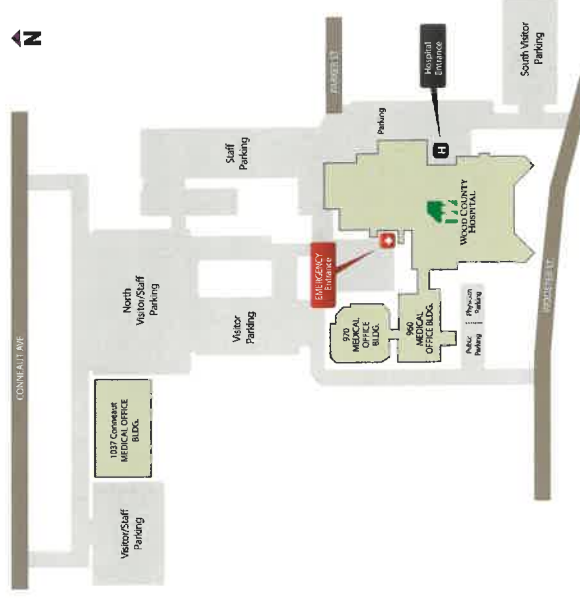
Wellness Services at Wood County Hospital is dedicated to helping children learn to make healthy lifestyle choices. Through interactive presentations, activities and health fairs, we offer children the opportunity to learn essential skills for staying healthy. If you are interested in a certain topic and do not see it listed, we can develop programs that fit your needs!

All programs:

- Are **FREE** of charge
- Age appropriate for school age children
- Include hands on participation and instructor/ student interaction
- Can be tailored to your specific needs



WOOD COUNTY HOSPITAL CAMPUS/ PARKING MAP



Wellness Services is located at **950 W. Wooster St.** on the campus of Wood County Hospital.

Convenient parking is available in our South Visitor parking lot.

For more information, please call

419.354.8887



Depend on us.

950 W. Wooster St. Bowling Green, OH 43402
419.354.8900 woodcountyhospital.org

Health and Wellness Programs for Children



Empowering kids to make informed choices for healthy living



WOOD COUNTY HOSPITAL

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Fitness is Fun!

A fun, hands-on, 20-30 minute presentation that teaches children the importance of physical activity and how to stay healthy.



Students will learn:

- Benefits of exercise
- Different types of exercise
- Daily exercise requirements
- Fun and easy home exercises



High Five

A fun, interactive 20-30 minute presentation that teaches children proper hand hygiene and how to stay healthy. A goal is to help children understand clean hand are important to good health and prevents the spread of germs.

The presentation may include but is not limited to:

- What are GERMS?
- The importance of hand washing
- UV Glow-In-The-Dark Germs
- GlitterBug® Germ Finder
- How long should I wash my hands?



The presentation includes High Five hand washing coloring sheets and stickers.

Safe Sitter

Safe Sitter® is a medically accurate program that teaches boys and girls ages 11 + how to handle emergencies when caring for children.



Students will learn:

- Safe and nurturing child care techniques
- Behavior management skills
- Appropriate responses to medical emergencies

There is a class fee for this program.

Contact Wellness Services at 419-354-8887 for more information.

Wellness 4 Kids

The Wellness 4 KIDS! Program is made up of a collection of interactive presentations that teach children the importance of staying healthy and safe.



Some of the presentations available may include but are not limited to:

- Sun Safety
- Proper hygiene
- Safety tips/ Avoiding the ER
- How to make healthy food choices

Stuffee

STUFFEE is a 7-foot, overstuffed, blue haired doll that turns “inside out” to reveal the major abdominal organs for a fun-filled anatomy lesson.



STUFFEE unzips down the front and helps kids of all ages learn about the digestive and respiratory systems.

STUFFEE is Copyrighted by the Pittsburgh Children's Museum

Veggie Basics 101

This program offers a variety of tools for children to incorporate vegetables into everyday life.



Veggie Basics 101

provides the tools to:

- Feature and teach about a special veggie of the day
- Conduct veggie tastings
- Reward students with “I Tried It” Stickers
- Give student’s families our simple, healthy recipes and nutrition tips to use at home





**WOOD COUNTY
HOSPITAL**

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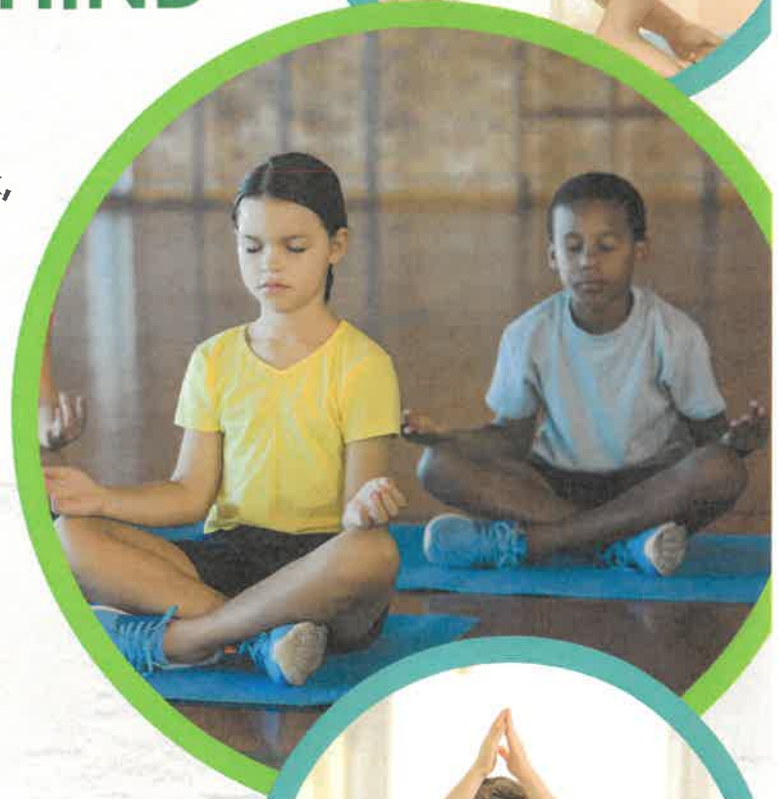
PEACE OUT: LEAVE STRESS BEHIND

Day to day classroom life can be stressful. Students who are anxious about their learning abilities, homework, class participation, testing, and peers can increase stress levels.

This FREE 30-minute program will teach students about relaxation, focusing, and centering themselves with various breathing and visualization techniques. They will learn to calm their minds and concentrate on the task at hand.

Benefits of relaxation

- ✓ Increases concentration, focus, attention
- ✓ Promotes thinking and memory
- ✓ Stimulates auditory processing
- ✓ Expands imagination
- ✓ Reduces stress and anxiety
- ✓ Increases confidence and self-image
- ✓ Improves health and wellbeing



Contact Us

**Wellness Services
419-354-8887**

Wellness@woodcountyhospital.org