



Westwood Elementary in Westlake Wins GoNoodle Challenge

Westwood Elementary students received a special visit from an Olympian Wednesday afternoon. All Calcasieu Parish schools participated in a GoNoodle contest, which is an interactive resource designed to get students up and moving during the school day. Westwood Elementary won the contest by submitting over seventy-five thousand minutes of physical activity during the past month. Their reward- a visit from Track and Field Olympian, Cassandra Tate, who led them in Go Noodle activities that they can practice right next to their desk during the school day.

This event was made possible by the Dare to be healthy challenge grant by Blue Cross of Louisiana Foundation. Developmental Director of Christus St. Patrick Hospital, Kay Barnett, says, "They have this interactive resource on their smart boards in the classroom. And it gives points and times during the class where they can take little brain breaks, and it's educational as well. Cassandra Tate says, "It's good for generating strength, and strong bones, and muscles. So I think it's very important for the kids to have activities like Go Noodle."

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Partnership Leads Warm-Ups for SWLA Sr. Games

Thank you Sharmita Rideau for getting the seniors pumped up and ready to kick off the first day of the games. Southwest Louisiana District Senior Games is a sports program designed to promote physical fitness and active involvement for individuals 50 yrs. and older and to encourage all older individuals to improve the quality of their lives by being physically active, which promotes wellness awareness and an active involvement in life.



Eat Healthy SWLA Welcomes West Cal Cam Hospital

Eat Healthy is working with local eateries to designate healthier menu options and create healthier dining environments. We are pleased to welcome our newest Eat Healthy partner, West Calcasieu Cameron Hospital, located at 701 Cypress Street in Sulphur. Local chefs, restaurant owners and dietitians were integral in the development of the initiative. The program offers a simple process to bring healthier options to the forefront. "We are excited to partner with Eat Healthy SWLA, says Fran Landry, RD, LDN, West Calcasieu Cameron Hospital, Director Nutrition Services. "Offering identifiable healthy entrees, sides and salad bar options in our cafe makes it easy for our employees and community members to choose nutritious, yet delicious meals, without the guesswork," Landry continues.

Partnership speaks to Washington Marion H.S. Girls Basketball Team

Sharmita Rideau talks healthy living and beyond with the Washington Marion Magnet High School Girl's Basketball Team. If you are a member and would like to sign up for Speaker's Bureau please email me for details.



Partnership's 1st General Meeting at Crave A Success

The Partnership for a Healthier Southwest Louisiana hosted its first quarterly meeting at Crave where we had the unique opportunity to taste many of Crave's specialty offerings. We updated the members on current initiatives. We also introduced the Partnership's strategic plan. A copy of that plan as well as meeting minutes went out to all members. If you haven't yet, please review the strategic plan, offer suggestions, and approve the plan by simply replying to the email. Next meeting in June. More details to follow.



Pictured is Mr. Darwin who won the satsuma tree at the City of LC Arbor Day Event. Join us next Saturday for spring planting at the Royal Magnolia Garden for a chance to win a lemon tree and other citrus fruit tress.



Fun Facts

37.3 % Obesity Rate
in Calcasieu Parish

374 Text for Health
Campaign Subscribers

559 Likes on Face-
book

PHSWLA

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Upcoming Events/Volunteer Opportunities

Cash and Carry Farmer's Market every Tuesday 4p.m.– 6p.m.

The Cash and Carry Farmer's Market seems to grow every week. They've added a ton of new vendors . Wonderful market with wonderful people and lots of homemade goodies. Everything from Smoothies, fresh bread , butter, and milk, and lots and lots of fresh produce. Support local and the market will continue to grow!

Spring Planting Day @ the Royal Magnolia Community Garden 4/4/15

Join us next Saturday, April 4th at the Royal Magnolia Community Learning Garden to help plant our Spring garden. Volunteers will take home seeds to plant in their own backyard garden and enter in a drawing to win a Lemon or Satsuma tree. See you all at the garden!

Entergy Corporation Health Screening and Health Fair 4/7/15

The Health Screening and Health Fair will be held at the North Ryan St. facility on April 7th for approximately 100 of their employees from 6:30 a.m. to 4:00 p.m. If anyone would like to volunteer to work the Partnership booth please call/email me.

Sowela Technical Community College Health Fair 4/15/15

The Health Fair at Sowela will be held at the Arts and Humanities building on April 15th from 10:00 a.m. to 2:00 p.m. If anyone would like to volunteer to work the Partnership booth please call/email me.



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