

A meeting of the Action For Healthy Kids Zone 4 was held at the Ashtabula County Health Department in Jefferson, Ohio.

Present were: Betsy Barringer, Arleen Richardson, Mel Milliron, Ashlee Rzyczycki, Kathy Milo, Tom Mitchell, Sarah Pechsitis, Carol Dambrosio and Debbie Iliff.

Betsy welcomed Sarah from the American Diabetes Association and Arleen Richardson from the Ohio Department of Health (Bonnie Hoppel's substitute).

The June 12<sup>th</sup> conference at Kent Trumbull for P E teachers is set up as follows:

- 8:30 Registration, Continental Breakfast
- 9:00 Welcome, Introductions Opening Key note Lisa Henry or Cyndi Symons  
Department of Education Representative- State of P E Standards – Auditorium
- 9:45 Split sessions
- 10:00- 11:00 Backpacking- John Turbovich and Ted McDivit in Auditorium  
Archery Outside (looking into availability of room in case of rain)  
Zumba- Doretta Hegg in Activity Room- Tech building
- 11:10- 12:10 Rock-climbing-Karen Sapp, Crestview Local in the Auditorium  
Archery- Chris Grace, United Local Outside  
Yoga- Mary Brown in the Activity Room Tech building
- 12:15- 1:00 Box lunch in auditorium (Ala Carte Catering in Canfield)  
Presentation Boardman YMCA (Tech Building probably)
- 1:10-210 Pilates / Tennis- Betty Hennis in Activity Room- Tech Building  
Archery Outside  
P E Fit Fitness Journal- Betty Kerns I in Auditorium
- 2:15- 2:30 Closing remarks, Door Prizes CEU's

Cost is \$12 per participant.

Tri county Action For Healthy Kids Conference: Kathy reported that there are about 50 signed up for the Tri County Conference on April 15<sup>th</sup>.

Ashtabula County Mini grant: Ashlee reported on the Veggie Derby part One. The first part of the veggie derby went very well in the three targeted schools. In May the team will do part 2 where the students will make race cars out of vegetables and race them.

Longest Day of Play: Ashlee also talked about the Longest Day of Play.-June 21<sup>st</sup> at Lake Shore Park in Ashtabula Township, from 12 noon to 4 pm. Local agencies will rim the park with booth offering physical activity. We are still seeking sponsorship and in the early planning stages.

Diabetes Association: Sarah talked about several school programs the Diabetes Association has to offer. With the growing number of kids developing Type 2 diabetes, the Diabetes Association has launched the School Walk for Diabetes. [www.diabetes.org/schoolwalk](http://www.diabetes.org/schoolwalk).

Also Sarah passed out a flyer about the program that is going to be held at the Lakewood Park Women's Pavilion on Belle and Lake Ave. in Lakewood on Saturday May 17<sup>th</sup> from 10-11:30 am Call 1-877-234-3488 to register.

Betsy passed out the April AFHK newsletter. You can see it by going to the website [www.OhioActionforHealthykids.org](http://www.OhioActionforHealthykids.org)

Betsy also passed out a flyer about the Child Advocacy Center Training at the Metroplex, Girard, Ohio on May 7<sup>th</sup> 8:30am -4:00pm For more information call 330-743-2539.

Next meeting is May 8, 2008 from 9:00 to 11:00 am at the Lake County General Health District; 33 Mill Street Painesville, Ohio 44077 Kathy Milo is hostess. 440-350-2879.

Respectfully Submitted,

Debora Kay Iliff, CHES  
Health Educator  
Ashtabula County Health Department