

## Master Wellness Volunteers

Newsletter Date April 7, 2012

### Kids, Kows and More!!!!

The Kids Kows & More expos brought farm animals, plants and learning to Old Fort Bliss Replica this last month. The program is an agriculture literacy program that teaches children about the importance of agriculture in every day life. Some of the topics covered included bees, and cotton to pecans and livestock. There were about 100 volunteers on any given day that helped run the program. A quote by Sandra Piece who is the Kids Kows and More director was "They need to know the importance of agriculture: that's why we have leaders today cutting programs and they don't know the effect it really has." There were at least 6000 children that attended the program by the end of the week.

In the Master Wellness Volunteer tent, we had Ellen Saad and Billy Meade along with the Expanded Food and Nutrition ladies helping to teach children the importance of washing their hands so that they don't spread germs and bacteria to others and their food. "They should wash their hands for 20 seconds, which is about the same time it takes to sing the happy birthday song twice or the ABC song once", stated Ellen Saad.

Alma Morales and Michael Gregory also donated their time to help with the event. Thanks to all, it was a success.



**Billy Mead continues to be a big help with Fit to Grow at the County Court House and Sheriff's Dept**

Physical activities were also a part of the training. Inez brought some real fun ones for the participants to do. Everyone seemed to have a good time as the pictures show. It's important to talk about physical activity when presenting wellness classes so people can remember that over all wellness does not just in-

clude nutritious meals, but also getting up off the couch and putting the body in movement.

### County Sheriff's Employees getting Fit!

