Healthy Kids Connection - December 2023

UCHealth Healthy Kids Connection is a monthly e-newsletter of resources, news, and education to help keep southern Colorado's children and schools healthy and connected. The 2023-24 Challenge is in full force! Here are highlights from the fall months.

Healthy Kids and Healthy Hearts have joined together to become UCHealth Healthy Kids Connection! The 2023-24 Challenge is here and hope it brings fun and empowerment to families through Healthy Kids activities! Below are highlights of the fall months.

Healthy Hearts and Minds Program Updates

Our Billington afterschool running and empowerment program has expanded to 12 grade schools/guidance counselors signed up at six school sites! Healthy Kids Connection is distributed bimonthly to Elementary Office Managers, PE teachers and counselors to inform families about upcoming Healthy Kids events. Members receive access to the website for fun ideas, videos and more, so please check it out (www.healthykidsclub.org) for more information.

Ready Set CO

December 2023

1251 Healthy habits resources

Healthy Kids and Healthy Hearts have been coined together to become UCHealth Healthy Kids Connection! This dynamic partnership combines over 30 UCHealth programs that focus on childhood obesity, heart health and healthy habits. UCHealth Healthy Kids Connection is designed to support families by offering tips, strategies, and resources to help them live healthier lives!

Healthy Kids Connection is your guide to make five healthy habits easy to achieve all year round.

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