



A Rotary Health Education Project

The Gainesville/Haymarket, Manassas and Bull Run Rotary Clubs have entered into a joint effort in collaboration with the Manassas City Public School Health Advisory Board and the Prince William County Nurses Association to sponsor an outreach health education program for needy children in the western Prince William County area to include Gainesville, Haymarket, Manassas, and Manassas Park.

The mission of the **Children's Wellness Festival** is to reach as many needy children in the identified area as possible, to educate these children and their parents in healthy lifestyles through proper diet and exercise; to make referrals to professional medical services where the need is identified; and provide information on resources within the community to accomplish and maintain a safe and healthy lifestyle.

The **Children's Wellness Festival** will encompass stations (County Fair style) that will educate children and their parents to the child's physical situation as it relates to standards set forth by the medical industry. Some of the stations will include:

1. Height/weight/BMI
2. Chest/heart/lungs
3. Eyes/Ears
4. Dental
5. Physical Fitness
6. Nutrition
7. Physician/Nurse referral
8. Free Clinic referrals
9. Health Department referrals

Other informational booths will include:

1. Hand washing Clinic
2. Safety stations
3. S.E.R.V.E services
4. E.S.L. Classes
5. After school activities available in the community
6. Gang Awareness

7. Substance abuse/Domestic Violence
8. Disability Services
9. Fingerprinting
10. Boys & Girls Club - new program - FITY
11. VA Coop. Extension; WIC
12. Freedom Ctr.-parent/child exercise demo
13. YMCA fitness test

Clinics/Classes will include:

1. ID Card/fingerprints
2. Safe Internet Use

It is important to note that our involvement does not end when the event is over. We will be securing the support of the Prince William County and City School nurses to follow-up with the children found to have serious health problems and that need immediate attention. It is very important to see that these issues have been or are being addressed. Contingent upon funds raised by the Gainesville/Haymarket, Manassas and Bull Run Rotary Clubs, a financial assistance program will be implemented to provide help for children of needy families following this event.

At last year's event we worked with almost 250 children and identified some serious dental and vision cases that needed immediate attention. Through our efforts, and the efforts of some of our volunteers and sponsors, we were able to help several of these children get the attention they needed.

This year, we expect approximately 300+ needy children will be targeted for the event. Selective advertising will be used in an effort to reach the targeted economically needy. The identification of this profile will be handled discreetly, non-disclosed to children and low key with the parents.

Numerous community volunteers will be recruited from the professional health community and other support organizations such as boy and girl scouts, students, Interact and Rotaract Clubs, Lions Club, other civic clubs, and volunteers at large.

One segment of the festival includes interactive educational and health fitness events, live family entertainment, roaming clowns, face painting, local mascots, and healthy snacks.

As this is our second year, we will be making this **Children's Wellness Festival** an annual event. The date for this year is Saturday, September 27, 2008 and it will take place at the Metz Middle School 11:00 a.m. to 3:00 p.m.