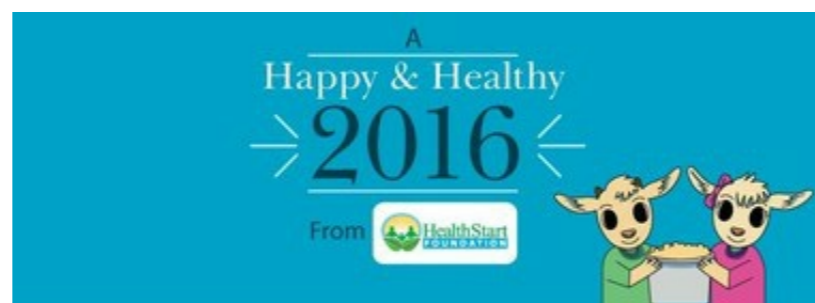




Grow with HealthStart in 2016

Vol. V, No IV



Dear friend ,

The New Year is off to a great start! We welcomed two new members, Jenifer Greenway, FACHE and Mouhamadou Sow, MBA, PMP to the HealthStart Board of Directors. Both Jenifer and Mou bring a deep commitment to our mission and valuable skills and expertise of our Board.

We're making real progress with our game app, **Monstralia: A Healthy Life For Your Little Monster™**, thanks to our amazing team of volunteer programmers, artists, and child development experts. In January we successfully tested the latest version of our game during preschool story time at an Austin Public Library Branch. It was a thrill to see **Monstralia™** in action.

Over the Spring/Summer Akina Dimock, our North Texas Program Director, and I will be adapting our **What Are YOU Feeding? (WAYF?)** program for child development centers and after school programs. This will enable us to reach a whole group of new children and expand our reach in child development centers that already use our Health Education for Youngsters! (HEY!) Curriculum.

Finally, Spring is HealthStart's event season. I hope you'll help continue to help us grow with Amplify ATX March 8-9 or come out and enjoy our 4th Annual I Heart HealthStart event on May 15.

Gratefully yours,

Robin Herskowitz, Founder



Happy National Heart Health Month!

It's never too early to take control of your Heart Health. The American Heart Association has created the Life's Simple 7™ for kids initiative, encouraging kids to learn about the 7 main factors in Heart Health. You can ensure your kids Heart Health by educating them to:

- Avoid Smoking/Tobacco products
- Be Physically Activity Everyday
- Eat a Heart Healthy Diet
- Maintain a Healthy Weight
- Keep Blood Pressure Healthy
- Keep Total Cholesterol Healthy
- Keep Blood Sugar Healthy

HealthStart's **Health Education for Youngsters! (HEY!) Curriculum** and **What Are YOU Feeding? (WAYF?)** nutrition awareness program both provide kids with "how to" so they can follow these important steps for life long heart health.

DONATE NOW 



Save the DATE!

March 8, 2016 at 6 pm to
March 9, 2016 at 6 pm

Amplify ATX, a local day of giving, aims to increase awareness and support for Central Texas non-profits.

Help HealthStart reach our \$7500 Amplify goal by visiting our Amplify Page and making a donation.

Be sure to join us at the **Amplify Assembly Kickoff Event** from 6 to 9 pm on March 8 hosted by our friends at **Leap to Success** and the **Austin Film Society** at the **Austin Public Access Station** located at 1143 Northwestern Ave, Austin, TX 78702



Save the DATE!

Sunday, May 15, 2016
6 to 8:30 pm
at a private home in the West Lake Hills

Our 4th Annual Gala & Silent Auction, I Heart HealthStart, is a time to eat, drink, and socialize all while raising funds to continue our early childhood health education programs.

Watch for more information to come in the near future. You can get involved with I Heart HealthStart by volunteering, attending, and donating to this event.




Please contact **Health Communications VISTA Erin Damm** if you are interested in volunteering or donating to the event.



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Thank you for your continued support of Healthstart!