Dear friend,

The New Year is off to a great start! We welcomed two new members, Jenifer Greenway, FACHE and Mouhamadou Sow, MBA, PMF 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 Active 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

Thank you for your continued support of Healthstart!

www.healthstartfoundation.org 512-496-2106 erin.damm@healthstartfoundation.org

Save the DATE!
March 8, 2016 at 6 pm
Amplify ATX, a local day of giving, is a chance to dedicate awareness and support for Central Texas nonprofits. Join HealthStart reach our $7500 Amplify goal by visiting our Amplify Page. Be sure to join us at the Amplify Assembly Kickoff Event from 6 to 9 pm on March 8th 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 chance to eat, drink, and advocate at family-friendly fun to continue our early childhood health education program. Watch for more information to come in the near future. You can get involved with I Heart HealthStart by volunteering, attending, and donating to the event.

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

Out Social with Healthstart
Follow us on Facebook and Twitter for fun recipes, content, program updates, and news about events and campaigns. We look forward to connecting with you!