

Students invited to two-day teen wellness workshop

May 11, 2009

Kansas Action for Healthy Kids is sponsoring a free two-day workshop for high school students.

The topic: wellness.

According to the Centers for Disease Control and Prevention, fewer than 1 percent of U.S. children consume the number of healthful food servings recommended by the federal government.

The Teen Wellness PEP (Peers Encouraging Peers) Rally will be June 8-9 at MidAmerica Nazarene University in Olathe.

All Kansas high schools are invited to send a team of two to four students and an adult sponsor to the rally.

Participants will complete a variety of hands-on health and fitness activities designed to keep them active and engaged. Activities include a scavenger hunt, miniature golf, bowling, a healthy snack creation challenge, and producing YouTube videos.

School sponsors will meet to share ideas and discuss school wellness policies with colleagues.

To attend the rally, students must be sophomores, juniors or seniors during the 2009-2010 school year. For details and registration information, visit [this Web site](#), or call 816-941-3600. The workshop is limited to the first 200 participants.

Originally published at: <http://www2.ljworld.com/news/2009/may/11/students-invited-two-day-teen-wellness-workshop/>