



NAHU Education Foundation Is Excited To Announce The Health and Wellness Care Packages Program!

The NAHU Education Foundation launched the **Health and Wellness Care Packages Program** to educate one family at a time at the local level across America. The program has a goal to reach at least one family in every state this year that is identified as underserved or impoverished. This program's success is going to depend on volunteer commitments from what we are calling our "**Health and Wellness Underwriters.**" The **Health and Wellness Underwriter** will hand deliver a **Health and Wellness Care Package** full of healthy food, coupons for healthy purchases, healthy supplies, gift certificates for healthy activities and NAHU Education Foundation materials on how to stay healthy.

The NAHU Education Foundation is a 501(c)(3) nonprofit organization created in 1992. The NAHU Education Foundation's mission is educating America to create a culture of health and wellness.

"We believe that healthier families will make a healthier America," said Janet Trautwein, president and board member of the Education Foundation.

Every year the NAHU Education Foundation hosts an Annual Fund Drive to raise money to fund outreach projects. This year it's the **Health and Wellness Care Packages Program!** The **Health and Wellness Care Packages Program** is a network of NAHU Chapter volunteers reaching out to their communities to share the Health and Wellness packages and educational materials to stay healthy all year.

The benefits of learning healthy habits at an early age can create a lifetime of health and wellness for American families. Pediatrician's point to a healthy diet and regular exercise as having a great impact on a child's ability to concentrate in class, manage emotions during challenges, and even self-confidence in appearance. All healthy habits begin with becoming aware of "What are the healthy choices?" at each decision making

stage. We believe long-term success happens when the whole family makes these choices together!

The NAHU Education Foundation is here to help educate one family at a time with the – **Health and Wellness Care Packages Program**. The family will get a delivery of a **Health and Wellness Care Package** full of healthy food, coupons for healthy purchases, healthy supplies, NAHU Education Foundation flyers and gift certificates for healthy activities. The network of almost 20,000 members of the National Health Underwriters will be contacted to help volunteer. The identification of each family will be through local community outreach by NAHU chapter volunteers. Articles of the NAHU chapter's participation will be featured in HIU. In addition, there will be a press release to share with local media outlets. All press releases and educational materials can be co-branded with financial supporters of this project.

How can I help? The NAHU Education Foundation needs to build the network of Health and Wellness Chapter volunteers. These member volunteers will help identifying needy families in communities; collect coupons and gift cards from healthy retailers; and distribute **Health and Wellness Care Packages**.

Who will this program help? The 2011 federal poverty threshold is \$22,811 per year for a family of two adults and two children. The **Health and Wellness Care Packages Program** will benefit underserved and impoverished American families with young children that are in need of an education in healthy choices and also in need of the supplies to live healthier lives.

If you would like to contribute this worthy cause, please make an online donation at <http://www.nahueducationfoundation.org/donate>.

For more information or to become a **Health and Wellness Chapter Volunteer**, please contact Debra Cook, Director of Development, at dcook@nahu.org or (202) 350-0069.