

Issue 18, July 3, 2017

OUR HOUSE

IN FOCUS



HEALTH & WELLNESS

Learn about our commitment to the health of our clients and our community.

HEALTH & WELLNESS AT OUR HOUSE



Promoting the health and wellness of our clients is an important part of all of our programs at Our House. From hip hop cardio to counseling and recovery support, we offer a wide range of options for all of our clients and team members to support them in maintaining a sustainable, healthy lifestyle. These programs are offered both through Our House and through the support of many partners and outside groups. We're excited to highlight some of these programs and give you an inside look at our health and wellness activities!



HOUSING: THE GARDEN

One of our most visible health and wellness initiatives on campus is our Family House Garden. The garden both promotes a sense of community among our residents as well as provides fresh, healthy food for daily meals. The garden was a project of multiple VISTAs, including one of our Career Center VISTAs, Priscilla Howard. Funding for the garden was provided by Baptist Health. Priscilla helped get the garden started by coordinating with the Junior League of Little Rock, whose members came out to Our House and assisted in planting as part of a project for new members. Today, the garden is producing delicious produce every day. Today, the garden is producing delicious food every day, and also serving as an "outdoor classroom" to help our clients, adults and children, learn more about growing vegetables.

OUR CLUB: PHYSICAL FITNESS

"We all love when it's time to go to Physical Fitness. We make friends on our teams, learn to work with each other, all while staying healthy. It's something that both the older and younger kids here look forward to."

-Kykena, Dark Blue Team Member



While physical fitness is always a part of Our Club's curriculum, it kicks into full gear during the Summer Program. Led by longtime Summer VISTA James Lumsey, kids of all ages participate in team sports and exercise activities and learn about how to stay healthy in and out of school. This allows the opportunity for our kids to start building healthy habits and a young age and make friends while doing it.





HEALTH & WELLNESS DAY



A centerpiece of Our House's health and wellness programming is our annual Health & Wellness Day. In 2016, over 100 volunteers and nearly 250 community participants came to Our House for a day of fun and learning for both kids and adults. Partners provided medical services such as blood pressure screenings, HIV testing, and children's physicals were provided as well as bouncy castles, fitness classes, and raffle prizes. Partners also provided bouncy castles, fitness classes, and raffle prizes. Health and Wellness Day represents the culmination of all of our efforts to promote healthy lifestyles at Our House and is getting larger every year! This year's Health and Wellness Day will be held on September 9th. We hope to see you there!



Interested in being a sponsor or volunteer at this year's Health and Wellness Day? [Click here!](#)

This issue of Our House In Focus was written by:



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Want to help out our health and wellness programs? Check out our volunteer opportunities here!



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Special Thanks to the Career Center for providing facts and figures for Health and Wellness Day!

