



FOREVER HEALTHY: BODY, MIND AND SPIRIT

Foreverfamily recognizes the importance of health – in body, mind and spirit – and is hosting a series entitled **Forever Healthy: Body, Mind and Spirit** during the 2009-2010 program year at Foreverfamily Atlanta. The series will focus on nutrition, physical exercise, and emotional healing – all from a cultural perspective. **Forever Healthy** is designed to assist the children by providing them with techniques and skills they can use to reduce anxiety and stress as they cope with the incarceration of their parent. The goals are to teach children:

- (1) The importance of regular exercise.
- (2) The harmful effects of sugar, fat, salt and caffeine.
- (3) How to make wise decisions regarding food, and how to plan and prepare healthy, delicious meals in under an hour.
- (4) How to tell when their body is getting out of balance and address the issue quickly.
- (5) How to avoid stress and how do deal with it when it is unavoidable.

2009-2010 Series

The series are instructor-led but have a high degree of peer-learning opportunities and seek to create a safe space where young people can learn new skills and challenge traditional notions of what it means to maintain a healthy life style. All sessions will be held on Tuesdays at Foreverfamily Atlanta and instructors will conduct sessions with a focus on educating the children about a health topic through educating them about the issue and providing them with an opportunity to be hands on in addressing the issue. The first topic in the series is nutrition and focuses on a balanced diet, menu planning and preparing and eating healthy meals.

Life with Spice, with instructor Casach Redo, a nutritionist and owner of Healing Kitchen. The children will learn how to make wise decisions regarding food, and how to plan and prepare healthy, delicious meals in under an hour, through a series of programs ranging from “Making Healthy Choices when Eating Out” to “Immunity Boosting Foods.” Ms. Redo is a certified holistic health counselor and vegan chef located in the Atlanta area. She has been providing healthy options in her local community and teaching Cancer Project cooking classes for over four years. Her specialty is working with families and individuals to come up with healthy, easy meal plans, to foster multi-generational health.



Other sessions in the series will include:

Healing Hearts, with instructor Dr Janie Francis-Asante, LMFT, principal partner of the Family Center of South DeKalb. Dr. Asante will help the children explore their feelings through sand tray therapy.

Healthy Bodies, with a certified personal trainer teaching the importance of daily exercise and bringing fun and healthy physical activity to Foreverfamily Atlanta’s programming.

This series is funded through the generous support of Community Voices, Morehouse School of Medicine.

For more information, contact Michael Lucas or Ericka Green at 404/658-9606.

