Getting Started

Time to plan your Family Health Event (FHE)! A healthy lifestyle is easier to maintain when the whole family is involved. We're here to help! Mark your calendar and bring the entire family for a fun evening devoted to health and wellness. The event will be a fun and educational experience for families. As a coordinator/facilitator (volunteer or otherwise), this Toolkit explains how to get started, and what materials are needed.

**First Step:** Organize a planning committee and recruit some volunteers

We suggest 4-10 enthusiastic volunteers. Your volunteers may be found from the following groups: parents/caregivers, high school students, teachers, community based organizations, after school staff, school staff.

**Second Step:** Plan the date

Check with your school administrators and parent group for a date that works well for many. Be sure to stay away from holidays, report card periods, standardized testing dates, parent/teacher conference week and any other date that would prevent families from attending.

We suggest you begin with one Family Health Event to get your feet wet and then the following year, try to do two nights, one in the fall and one in the spring.

**Third Step:** Create your event

This manual contains a variety of station activities from which to choose. Consider the education needs of your families and the physical limitations of your facility. If your school does not have a large multi-purpose room, you will have to consider utilizing the outside area (check to see if there are outdoor lights if your event is after dark). Alternatively, consider using a nearby library or community/recreation center.

**Fourth Step:** Be prepared

Use the resources in this manual to guide you through the planning and logistics for a successful event!