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Member Spotlight



**EPISCOPAL
CHILDREN'S
SERVICES**

PROVIDING A FOUNDATION OF
EARLY EDUCATION FOR THE WHOLE FAMILY.

Founded in 1966, [Episcopal Children's Services](#) is dedicated to engaging children and their families in building a foundation for life-long learning.

Upcoming Events

Herbal Holidays

Saturday, December 8
10:00 a.m. - 1:00 p.m.
Duval County Extension Office
1010 North McDuff Avenue
Jacksonville, FL 32254

Contact the [Duval County Extension Office](#) for more information.

Healthy Jacksonville Childhood Obesity Prevention Coalition Monthly Meeting

Friday, December 14
8:00 - 9:30 a.m.
Episcopal Children's Services
2648 West 5th Street
Jacksonville, FL 32207

Let's Move! Jacksonville Block Party

Hosted by: I'm a Star Foundation

>WHAT IS HAPPENING?

Through the Eyes of Jacksonville's Youth: Best Practices in Early Childcare Health Education
Join the Healthy Jacksonville Childhood Obesity Prevention Coalition for our final meeting of the year on Friday, December 14. The special meeting will celebrate the holiday season through the eyes of the children at Episcopal Children's Services Early Learning Center. E-mail [Healthy Jacksonville](#) to confirm your attendance.

>WHAT IS AHEAD...

Let's Move Jacksonville! Block Party
Get moving with the students from the [I'm a STAR Foundation](#) on Saturday, December 15. The second annual Let's Move Jacksonville! block party encourages residents to live healthy lives. Led by former school board representative Betty Burney, students from the "I'm a STAR" program will host sports competitions, cooking demonstrations and much more to engage the community in healthy activities. [Download](#) the event flyer for more information.

>DID YOU KNOW

Robert Wood Johnson Foundation and American Heart Association to Partner on New Childhood Obesity Advocacy Initiative
The Robert Wood Johnson Foundation (RWJF) partnered with the American Heart Association on

Saturday, December 15
10:00 a.m. - 3:00 p.m.
Comer of Kings Road and Fairfax Street

[Download](#) the event flyer for more information.

an \$8 million initiative that will focus on policy initiatives to help children and adolescents eat healthier foods and lead active lifestyles. The partnership will focus on policy interventions to advance six priorities that have the greatest impact on childhood obesity including: improving the nutritional quality of snack foods and beverages in schools; reducing consumption of sugary beverages; and protecting children from unhealthy food and beverage marketing. [Learn more](#) about the partnership.

Hot Off The Press: The HERO Guide to Health
The [Health Education to Reduce Obesity](#) (HERO) program, a Jacksonville based mobile health outreach program, is pleased to launch The HERO Guide to Health, a comprehensive resource designed for the nurse and nursing professional working in healthcare and health education. The book, authored by the founders of the HERO program, provides nutritional guidance based on age and stage of growth, highlights evidence-based practices and anecdotal stories to encourage healthy habits. Visit [Barnes & Noble](#) to purchase the book.

Have a story for Bite-Sized News?

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