

You are what you eat.  
Eat healthy to live healthy!

## Healthy Lifestyles Food Pyramid



Find out more about healthy lifestyles at:

[www.MyPyramid.gov](http://www.MyPyramid.gov)

[www.pta.org](http://www.pta.org)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

[www.adph.org](http://www.adph.org)

[www.hhs.gov](http://www.hhs.gov)

# Healthy Lifestyle Summit



▶ **Thursday, October 15, 2009**  
**9:00 a.m. - 3:00 pm**

**Juliette Morgan Hampton Public Library**  
**245 High Street, Downtown, Montgomery, AL**

*“Quality of Life Begins with Good Health!”*



*Parent Involvement Event Sponsors:*

**Alabama PTA**

**Alabama Parent Education Center**

**Alabama Action for Healthy Kids - ADPH**

# HEALTHY LIFESTYLE SUMMIT

**“A commitment to building healthy families and healthy communities”**

**Making sure parents, schools, and communities have the support and resources they need.**

## Sponsors & Presenting Organizations

### **Summit Sponsors**

*Alabama PTA  
Alabama Action for Healthy Kids  
Alabama Parent Education Center*

### **Other Presenting Organizations**

*Alabama State University HPER Club  
Montgomery Public Schools Title 1 Parent Involvement  
Alabama State Department of Education*

***Special thanks to all Summit Vendors***

**Healthy Lifestyle is the Key to Success!**

# HEALTHY LIFESTYLE SUMMIT AGENDA

Thursday, October 15, 2009

9:00 am – 3:00 pm

- |                |   |
|----------------|---|
| 9:00 AM        | <b>Registration / Breakfast</b>   |
| 9:30 -9:35 AM  | <b>Welcome</b><br><i>Melissa Evans-Woods, Alabama PTA, Vice-President of Leadership and Development</i>     |
| 9:35 -10:20 AM | <b>PTA Healthy Lifestyles Award</b><br><i>Andrea Price, National PTA TCBI Trainer</i>                       |
| 10:20-11:05 AM | <b>Child Obesity – Getting the Family Involved</b><br><i>Molly Killman, Alabama Action for Healthy Kids</i> |
| 11:05-11:40 PM | <b>Health and Physical Fitness Fun</b><br><i>Connie Dacus, Alabama State University HPER Club</i>           |
| 11:40-12:30 PM | <b>Lunch &amp; Vendor Introduction</b><br><i>Nakia Thomas, Alabama PTA, Executive Director</i>              |
| 12:30-1:10 PM  | <b>PTA Family-School Partnership Standards</b><br><i>Pam Berry, Alabama PTA, State President</i>            |
| 1:10 - 1:45 PM | <b>Parent Involvement Jeopardy</b><br><i>Gloria Jean Canty, MPS Title 1 Parent Involvement Coordinator</i>  |
| 1:45 – 2:30 PM | <b>School Wellness and the Learning Connection</b><br><i>Molly Killman, Alabama Action for Healthy Kids</i> |
|                | <b>Child Nutrition Program</b><br><i>June Barrett, AL State Dept. of Education</i>                          |
| 2:30 - 3:00 PM | <b>Q &amp; A/Wrap Up</b><br><i>Pam Berry, Alabama PTA, State President</i>                                  |

**Healthy Lifestyle Means  
Healthy Schools and Communities**