

Opportunities:

- Learn how to implement the **BodyWorks** Toolkit into your program
- Learn how you can play a very important role in improving the health of families by providing basic knowledge on nutrition and healthy living
- Receive a **BodyWorks** Toolkit when you participate
- Learn how to expand the program to include males
- Network with professionals interested in reducing obesity in Mississippi



Community Partners

American Cancer Society
American Heart Association
Boys and Girls Club
Children's Defense Fund
Delta Sigma Theta Sorority, Inc.
Dress For Success Metro Jackson
Girl Scouts of America
Jackson Medical Mall Foundation
Junior Auxiliary
Mississippi Department of Education
Mississippi State Department of Health
Mississippi Department of Human Services
Mississippi Division of Medicaid
Mississippi Valley State University
St. Dominic Hospital
Tougaloo College
University Medical Center,
Center of Excellence for Women

Trainings facilitated through:



MISSISSIPPI STATE DEPARTMENT OF HEALTH

Office of Women's Health

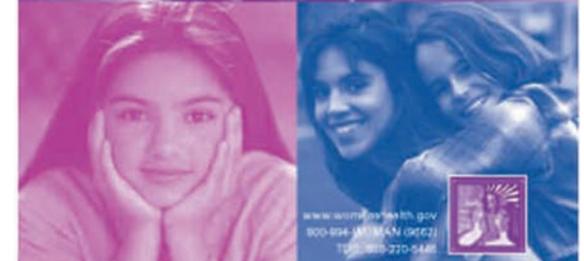
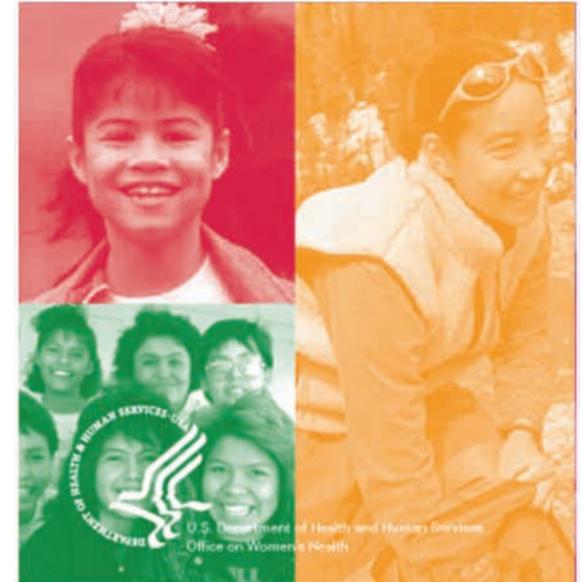
www.HealthyMS.com

1-800-721-7222

601-576-7856

Fax: 601-576-7825

BODYWORKS
A Toolkit for *Healthy Girls & Strong Women*



MISSISSIPPI STATE DEPARTMENT OF HEALTH

www.HealthyMS.com

1-866-HLTHY4U

About BodyWorks

BodyWorks is a program designed to help parents and caregivers of young adolescent children (ages 9 to 16) improve family eating and activity habits. Using the **BodyWorks** Toolkit, the program focuses on parents and caregivers as role models and provides them the hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The **BodyWorks** program uses a train-the-trainer model to distribute the Toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers. After the six hours, trainers will have the tools to go back into the community and teach ten 90-minute weekly sessions for children, parents and caregivers.

The Office of Women's Health, U.S. Department of Health and Human Services, developed **BodyWorks** following two years of formative research.

Each trained participant is expected to facilitate the **BodyWorks** program with at least one group of children and parents/caregivers.

For more information, visit www.womenshealth.gov/bodyworks

Become a Trainer

BodyWorks trainers have varied backgrounds: health educators at state, community or health system level, community leaders, school nurses, Girl Scout leaders, worksite wellness program coordinators, and others. Individuals are trained in a one-day session (9 am – 3:30 pm) to implement the program and learn to train others to do the same. A very basic knowledge of nutrition and healthy living with a commitment to improving the health of families are the only requirements.

Registration is free and seating is limited. Registration will be accepted on a first-come first-served basis. The deadline is one week prior to the specific training date. Registration confirmation will include training site location and details. Register online at HealthyMS.com/bodyworks

Select One

- Tuesday, January 31 – Jackson, Mississippi
- Friday, March 23 – Jackson, Mississippi
- Friday, July 27 – Jackson, Mississippi
- Monday, September 17 – Jackson, Mississippi

Location
Mississippi State Department of Health
Alton B. Cobb Auditorium
Osborne Building
570 East Woodrow Wilson
Jackson, Mississippi



Registration Form

Name _____ Agency _____
Address _____ City _____
State _____ Zip _____ E-mail _____
Phone _____

Select One

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- Friday, July 27 – Jackson, Mississippi
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Mail to:

BodyWorks Training

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