

Adventure Rowan

For more information, contact
Program Coordinator Alyssa Smith at
(704) 920-1276 or visit
www.healthyrowan.org

ARCHES

Active Recreation Through
Community Health care
Engagements

A program offered through
Healthy Rowan, Salisbury
Parks and Recreation, and the
Salisbury YMCA and
sponsored by The Duke
Endowment.

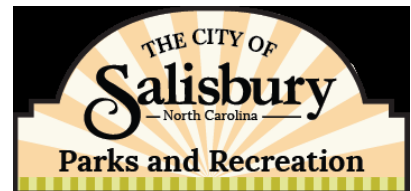


FAMILY-BASED APPROACH TO HEALTH & WELLNESS

HEALTHY ROWAN

A Community Coalition

Be an original.



A HEALTHY FUTURE BEGINS HERE.

Adventure Rowan uses the evidence-based community health care partnership model that was developed in 2009 at Duke Children's Hospital in Durham, NC, where more than 8,000 families enjoy significant lifestyle changes, such as:

- A more active life
- Family meals that are delicious and nutritious
- Fewer food battles
- Confident and secure children
- Good approaches to teasing and bullying
- Improved health for everyone

What is Adventure Rowan? It is a free wellness program for your family! In order to qualify, your child must be between Kindergarten and 5th grade, and have a Body Mass Index (BMI) above the 95th percentile.

During the program we will offer sports, games, cooking classes, gardening and more! Our staff is trained, passionate and, most importantly, supportive and will work hard to make sure you and your child have fun!

To join. Ask your health care provider for a referral,

Prepare to have fun! Each child must have an adult workout partner, and each child and adult should wear loose-fitting clothing and comfortable sneakers.

**PLAY HARD. PLAY FAIR.
PLAY SAFE. PLAY AS A TEAM.**

Frequently Asked Questions:

IS MY CHILD ELIGIBLE?

If your child is between K – 5th grade with a BMI above the 95th percentile, your family is eligible. Ask your health care provider to find out your child's BMI.

DO I NEED A REFERRAL?

Yes. You must have a referral from your health care provider to join Adventure Rowan

WHAT IS THE COST?

While there is no cost to participate, the best treatment approach includes both Adventure Rowan and clinical care. Our program requires patients to attend at least 2 appointments with your health care provider during your time in the program. You are responsible for co-payments according to your insurance plan.

WHAT CAN WE EXPECT AT CLINIC?

- Discuss with your regular provider

