



School's OUT for SUMMER!

In Top Form!

"Every accomplishment begins with the decision to try." *Unknown*

MAY Awareness & Appreciation!



Teacher Appreciation Week
May 4-10



May 1-8 National Safe Kids Week

Preventing accidental injury.

National Nurses Week
May 6-12



A school nurse is a shot above the rest.

Accidents kill one million children each year around the world and permanently disable many more. Just about all these injuries are preventable. Safe Kids Worldwide is the first and only international nonprofit organization dedicated solely to preventing unintentional childhood injury. It was founded in Washington, DC in 1987 by Children's National Medical Center with support from Johnson & Johnson. Please visit their website for safety information, product recalls, campaigns and initiatives. <http://www.usa.safekids.org> For more information regarding healthy summertime swimming and safety please visit www.healthyswimming.org **HAVE A SAFE SUMMER!**



May is the National Physical Fitness & Sports Month, & May 9-15 is Family Week!
Get fit with your family!



Your Guide to Lowering High Blood Pressure

May is "High Blood Pressure Education Month." High blood pressure affects 1 in every 4 American adults. Learn about lowering your blood pressure and get a free DASH eating plan at www.nhlbi.nih.gov/hbp.

The Food Allergy & Anaphylaxis Network



Food Allergy Awareness Week
May 11-17, 2008

Help spread the word about Living and Learning With Food Allergies during the 11th Annual Food Allergy Awareness Week (FAAW) May 11-17, 2008. There are lots of ways to get involved! FAAN has a great website full of information explaining food allergens, anaphylaxis, recipes, research, fundraising, donating, ingredient notices, advocacy, resources, even schools and camps! Visit the FAAN website, get informed, and get involved! www.foodallergy.org

You can also learn more about Trace Adkins' connection to FAAN and how winning CMT's "Male Video of the Year" for his video "I Got My Game On" enabled "CMT One Country" to donate \$5,000 to The Food Allergy & Anaphylaxis Network! Thanks to Trace for helping raise awareness!

Fruit Kabobs

A Great Idea for Summer Snacks!



Summer makes it easy to boost your intake of nutrient-packed fruit. Studies show eating plenty of fruits (and vegetables) is strongly linked to controlling blood pressure; preventing heart attacks, stroke, and cancer; and even maintaining eye health! Simply wash, peel, and cut a variety of fresh fruit. Drizzle with lemon juice or pure pineapple juice to prevent browning and thread onto skewers. Serve fresh or grill lightly! Enjoy!

WILLIAMSON COUNTY PARKS & RECREATION

2008 SUMMER CAMP!

7 Week Program

June 2nd to July 18th

For details call: 790-5719 xt.38

Online: www.wcparksandrec.com

JOIN THE FUN!