

**FOR IMMEDIATE RELEASE**

Contact: Carrissa French

*Head Teacher*

*Drop-In Community Learning and Resource Center*

860-442-4466



**December 27, 2012**

**LLHD and Drop-In Community Learning & Resource Center Partner to Offer Child Nutrition Program**

The Drop-In Community Learning & Resource Center (DILC) is partnering with Ledge Light Health District to offer the We Can! program for parents and caregivers of children.

We Can! (Ways to Enhance Children's Activity & Nutrition)<sup>®</sup> is a fast-growing national movement of families and communities coming together to promote healthy weight in children ages 8-13 through improved food choices, increased physical activity, and reduced screen time. We Can! is a science-based, national education program that provides strategies, guidance, and resources to help families make positive lifestyle changes based on the results of clinical and community studies supported by the National Institutes of Health, the nation's medical research agency. These resources help engage health professionals, community groups, and others to implement programs for youth, parents, and families in their community.

"We believe that sharing and modeling healthy eating and activity habits build a strong foundation for lifetime health and wellness," said Drop-in Learning Center Executive Director Reona Dyess. "Health fitness will educate our children to help combat our nationwide struggle involving childhood obesity, low self-esteem and stress."

This 6-session program will meet on Thursdays starting January 10<sup>th</sup> from 4:30 to 5:30PM. The program is open to the public but childcare will only be provided for families currently enrolled in the program.

To sign up for this FREE Program call Carrissa French, Head Teacher at the Drop-In Community Learning & Resource Center at 860.442.4466.

**We Can!** is a collaboration of **four NIH institutes**: the National Heart, Lung, and Blood Institute; the National Institute of Diabetes and Digestive and Kidney Diseases; the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development; and the National Cancer Institute.

##

The Center: A Drop-In Community and Resource Center is a licensed facility serving the communities within New London County to promote successful youth development. The Drop-In Learning Center offers a Before Care Program, a Preschool Enrichment Program, an After School Enrichment Program, a Teen Enrichment Program, and a Summer Enrichment Program. The mission of the Drop-In Community Learning & Resource Center (DILC) is to support and nurture the lifetime learning of youth and their families.

Ledge Light Health District – LLHD – serves as the local health department for East Lyme, Groton, Ledyard, New London and Waterford, Connecticut. As a health district, formed under [Connecticut General Statutes Section 19a-241](#), LLHD is a special unit of government, allowing member municipalities to provide comprehensive public health services to residents in a more efficient manner by consolidating the services within one organization.

The Director of Health and staff of LLHD work to promote health and wellness among the 120,000 residents we serve. By enforcing the Connecticut Public Health Code, conducting health education programs, monitoring disease outbreaks and nurturing our environment, LLHD is focused on *promoting healthy communities*.

LLHD’s mission statement – **to prevent disease, illness and injury; to protect and nurture our environment; and to promote improved health and prosperity for all residents** – describes in more detail our slogan of “promoting healthy communities”.

---

Promoting healthy communities

216 Broad Street • New London, CT 06320 • phone. 860.448.4882 • fax. 860.448.4885 • [www.llhd.org](http://www.llhd.org)