

SY 18-19 Wellness Event Summary

Aaron Cohn RYDC (Fall Event): Food service staff spoke to youth about the importance of fruits and vegetables and how consuming different colored produce is important. Youth completed word searches and drawings of fruits and vegetables.



Atlanta YDC (Fall Event): “Octoberfest” lunch event where youth were informed about the topic “You Are What You Eat: No Fried Foods at AYDC”



Augusta RYDC (Fall): “Fruit Sensation” event where youth were educated on consuming fresh fruit. Fruit was presented with an information card displayed in front listing the benefits of each. Medical staff obtained body measurements and educated youth on the importance of keeping their weight and BMI within a healthy range.



Augusta YDC (Fall): “Make Your Own Smoothie & Sub” event with a large variety of fruits and vegetables for youth to choose from. These items were paired with additional healthy snack options including trail mix and yogurt. Staff from all departments participated in the event.

Bob Richards RYDC (Fall): “Fruit for Thought” event where the youth participated in a walk and bingo and winners were awarded fruit & protein bars. Youth and staff participated in a basketball tournament. Healthy milkshakes made of frozen yogurt, strawberries and bananas were also provided.

Crisp RYDC (Fall): “Fall into Wellness” event where each department hosted a different booth; medical pumpkin hoops, kitchen dice balance, education blind fruit tasting, administration egg basket toss, behavioral health bubbles to health race, coaches tug-o-war, and security hoola hoop contest and gonzo grape toss.



Eastman RYDC (Fall): Youth participated in National School Lunch Week by completing word scrambles and crossword puzzles. Kitchen staff provided energy bites and additional healthy snacks. Youth also engaged in playing basketball.

Eastman YDC (Fall): All departments at Eastman YDC participated by offering varying booths for youth to participate in including: wellness team activities such as blowing bubbles, music meditation, stress ball, snacks, bowling, etc.; food service/laundry team had food jeopardy; business office had a health and wellness trivia booth and corn hole; education had multiple booths covering topics such as drugs, bullying, breast cancer, high blood pressure, and diabetes; medical educated the youth on the importance of hydration; programming held a fitness competition where the winning youth received a facetime video conference call with an approved contact; recreation staff provided activities related to fitness; administration had a WOD (work – out – day) that youth participated in and received prizes; secretaries played health jeopardy with the youth and were provided healthy snacks.



Elbert Shaw RYDC (Fall): The youth participated in an art contest, bean bag toss game, wall sit + plank competition and a four square tournament. Youth also harvested food from their garden that were then used as healthy snacks. Additional healthy snacks were provided by food service staff.



Loftiss RYDC (Fall): Youth participated in events such as musical chairs, flag football, egg race, and ring toss. Youth were educated on topics such as staying in shape and why fruits + veggies are important.

Macon RYDC (Fall): Youth participated in a matching game that indicated which foods promoted a healthy heart. Youth also participated in a blind fold taste test to see if they could identify foods.

Marietta RYDC (Fall): Youth were provided healthy snacks and completed activities such as puzzles while learning about nutrition and how to make better food choices.



Martha Glaze RYDC (Fall): "Jamaica One Love" event included Jamaican food samples and fitness stations including pushups, planks, jogging, bicep/triceps curls, chest passes with medicine ball, hurdle jumps, agility steps, and human tic-tac-toe.



Metro RYDC (Fall): Facility held fitness events including kickball, dodgeball, Zumba, basketball, and jump rope. Youth were educated on how to build healthy lifestyles.



Muscogee YDC (Fall): Youth participated in football, bean bag toss, and basketball. Healthy food was served while youth were educated about consuming a balanced diet.

Rockdale RYDC (Fall): Youth engaged in corn hole toss, water relay with sponge balls, dart board toss, basketball free throws, bowling, and musical chairs. Youth were educated on “clean fun”.



Savannah RYDC (Fall): The facility hosted a push up contest amongst youth.



Sumter YDC (Fall): The facility hosted a single-day wellness event in which all departments participated. Youth activities included go fish, muffin tin toss, wellness trivia, smoothie station, and flavored water station. Healthy snacks including baked harvest muffins were provided as well.

Waycross RYDC (Fall): The facility hosted the wellness event around the National School Lunch Week celebration. Youth participated in several activities including puzzles, bingo, crosswords, and being educated on sanitation and foodborne illness. Youth were also given healthy snack options throughout.



Wilkes RYDC (Fall): The facility hosted a variety of events for youth including volleyball, bottle ring toss, cake walk, bean bag toss, and bowling.

