



**PRESS CONFERENCE ADVISORY**

**EMBARGOED UNTIL 3:30 p.m., March 22, 2006**

**ELLIOT UNVEILS TWO INITIATIVES TO FIGHT CHILDHOOD OBESITY AND PROMOTE WELLNESS AMONG TEENS**

**Date: Wednesday, March 22**

**Time: 3:00 p.m.**

**Location: Elliot Conference Center. Media will meet with an Elliot Public Affairs/Marketing rep at the information desk in the main lobby.**

In an effort to promote wellness and healthy living among teens, Elliot will launch [Healthy U](#), a special newsletter written for young teens. [Healthy U](#) addresses such issues as self-image, nutrition, confidence and health. The goal is to provide teens with a valuable and healthy resource for managing the important issues they face at their age. *Healthy U* is mailed to homes within the Greater Manchester area.

Elliot Health System is also proud to partner with the Manchester School System to introduce *Fit and Healthy Teens* to the curriculum in an effort to curb childhood obesity. The program was developed by registered dietitians and physical education experts within Elliot Health System to educate teens about the importance of proper nutrition and to promote physical activity. Positive behavior changes were the result of two pilot programs launched in 2005. *Fit and Healthy Teens* will be taught to seventh graders at Hillside Junior High School.

**AGENDA:**

***Welcome***

Susanna Whitcher, VP Public Affairs & Marketing

***Unveiling, Comments, Student Introductions***

Beth Hughes, Executive Vice President, Chief Operating Officer

Special Guests: Steve Lucafo, Sarah Goulakos and Mary-Margaret Sullivan

***Introduction of Community Partnership and Guests***

Selma Naccach-Hoff, Elliot Board of Director, English Department Coordinator, Central High School

**Special Guests:** Dr. Michael Ludwell, Superintendent

Dr. Frank Bass, Assistant Superintendent of Middle and High Schools

Stephen Donohue, Principal, Hillside Jr. High School

***Comments***

Dr. Frank Bass and Stephen Donohue

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