



Gloucester Department of Community Engagement

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FOR IMMEDIATE RELEASE

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Wellness Mini-Grants Awarded

Through a generous seed donation by interested community members who wanted to promote and support health and wellness projects for youth and adults, the “*Celebrating Caleb*” Wellness Initiative has been implemented in the Gloucester County schools this year. The initiative provides mini-grant funding to support health and wellness initiatives in the schools. The initiative is named in honor of Caleb Chowning, a Petsworth Elementary student who loved to run, was a member of the Petsworth Pacers and a very active and fun 7 year-old, who finished his struggle with osteosarcoma in May 2017. The initiative honors and celebrates Caleb and his life.

The Wellness Initiative Mini-Grant’s goal is to promote, support, and encourage healthy lifestyle choices and habits and to provide opportunities for youth and adults to learn and participate in a variety of activities and programs related to physical, mental, emotional, social well-being, as well as diet and nutrition. Five projects/programs selected for funding this fall are:

Petsworth Elementary School: “Family Exercisers and Artful Appetizers” submitted by Margaret Watkins, Kim Robins and Cindy Thomas

Botetourt Elementary School: “Go with the Flow” Yoga submitted by Terumi LaGuardia

Peasley Middle School: “Mindful Movement” Calming Techniques submitted by Susie Dunaway and Cassandra Kline

Bethel Elementary School: Bethel Running Club support submitted by Tara Lord

Page and Peasley Middle Schools in cooperation with Gloucester Extension for “4-H Food Challenge” submitted by Krista Gustafson, Jackie Jefferies and Glenn Sturm.

A total of \$1,130 was provided to support the selected projects/programs. The program is facilitated by the Gloucester Department of Community Engagement.