

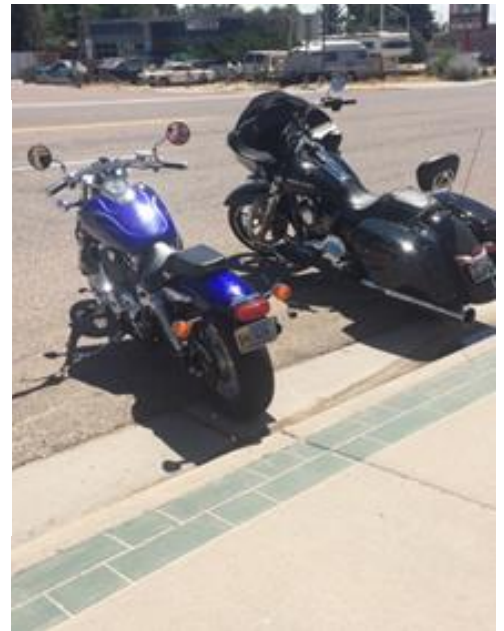


Newsletter

May, June, July

WHAT HAVE WE BEEN UP TO?

Recently, some of the staff (as well as members of the community) got together for the first Annual NCH Poker Run! Bikes, trucks, and cars made their way from the Hospital Parking Lot on a quest to raise money for Hospital Equipment and were not only blessed with a beautiful day but were able to raise almost \$400!





Total Eclipse

August 21, 2017

Eclipse Tips 2017: Important Info for Parents

On Monday, August 21st, 2017, all of North America will experience an eclipse of the sun. Depending on your location, a partial eclipse will be seen, lasting 2 to 3 hours during which the moon covers part of the sun. The total solar eclipse only lasts 2 to 3 minutes—14 states are in the narrow "path of totality" from Oregon to South Carolina.

The American Academy of Pe-

diatrics (AAP) has been in touch with other national and government organizations preparing for this event.

As your family prepares for this exciting event, be sure to read over the following information. Keep Your Eyes Safe While Viewing the Solar Eclipse! As many are gearing up to witness such an awe-inspiring natural occurrence, it is important to keep eye and vision safety in mind. Looking directly at the sun during an

eclipse can cause permanent damage, and the only safe way to do so is through special-purpose safe solar filters. Even very dark sunglasses or homemade filters don't protect your eyes while looking directly at the sun.





START A CHANGE WITH A SINGLE STEP

Participate

Everyone can join the challenge. Participate as an individual or with a group. The challenge is not just about walking. A variety of activities may be converted to steps, including running, cycling, dancing, manual wheel chair use and many others. Log your activity daily or weekly in an online Step to it account. An online step conversion chart makes it easy to convert many activities to steps. Denise in first with 131.8 miles.

THE NEXT STEP CHALLENGE



Take steps to a healthier you!

Walking is an easy and affordable way to maintain a healthy weight, prevent or manage health conditions, and improve your mood. Best of all, it can be done just about anywhere and anytime! Whether you are just starting a physical activity routine or needing an excuse to get moving again, this is the opportunity for you!