

BCBSND RURAL RECESS GRANT PROGRAM – Year 10
Funding Period: February 16, 2015 – February 16, 2016
Administered by the Center for Rural Health

Heart of America Medical Center

800 Main Ave. S., Rugby, ND 58368

Heart of America Medical Center will purchase equipment that promotes physical activity for kids at their employee daycare center to be used all year long.

Carrington Health Center

800 North Fourth Street, Carrington, ND 58421

Carrington Health Center (CHC) and its medical staff are partnering with seven additional healthcare providers in Carrington, the Foster County Fairgrounds, and SuperValu Foods to implement a worksite wellness program at CHC. Activities will include nutritional food preparation classes and grocery store tours, a 12-week Walk with a Doc Program, and the purchase of additional exercise equipment for the CHC Wellness Center.

City-County Health District

230 4th Street NW, Valley City, ND 58072

City-County Health District, through its *Let's Walk Valley City: Healthier People-Building Communities* project, will help people become aware of the expanding multi-use path system in valley City via a free multi-use trail event where participants receive a map and are encouraged to walk/skateboard/run/jog/bike the paths and visit fun booths along the route.

Ashley Medical Center

PO Box 450, Ashley, ND 58413

Ashley Medical Center will use the funds to host a 5K Color Run and to purchase equipment and supplies to update their weight room at the fitness center which is housed in the Ashley Public School.

Sakakawea Medical Center

510 8th Ave NE, Hazen, ND 58545

Sakakawea Medical Center will partner with Coal Country Community Health Center, Knife River Care Center, Custer Health District, and Mercer County Ambulance to host a Jump Start to Wellness program that will begin with workshop in May and present *Jumping Jack* as a community mascot promoting exercise, fitness, and healthy lifestyle choices. They will focus on public events through the summer that are already being held in their community where they will promote physical activity through demonstrations and distribute small gifts as incentives to the public. Each partner will host one fun activity/program throughout the summer in an effort to provide additional education opportunities for the community. They will conclude the summer promotion by sponsoring community Color Run.

BCBSND RURAL RECESS GRANT PROGRAM – Year 10
Funding Period: February 16, 2015 – February 16, 2016
Administered by the Center for Rural Health

St. Andrew's Health Center

316 Ohmer Street, Bottineau, ND 58318

St. Andrew's Health Center and Bottineau County Economic Development Corporation are partnering to use these funds to purchase playground equipment for the Building Blocks Day Care, LLC.

Jacobson Memorial Hospital Care Center

PO Box 367, Elgin, ND 58533

Jacobson Memorial Hospital Care Center will implement a *Fitness for Life* program by offering free health screenings to the public during a health fair and providing multiple fitness-related activities. These activities include, 1) establishing fitness routes in the community, 2) providing free family swim nights each Sunday for three months, 3) hosting a community-wide family bike ride night with free distribution of bicycle helmets for children, 4) hosting a series of weight training classes and lessons on how to use the equipment, and 5) providing lessons at each senior meal site in Grant County for the elderly on "hair stretching" and light exercises.