

Posted: Friday, July 17, 2009 10:15 am

By: Karen Brady

## **'Rock on' for health**

Health rocked at Kid's Place Park on Thursday.

About 30 local children enjoyed the cooler temperatures as they learned about healthy choices at the Free Youth Day "Health Rocks" event sponsored by the Grady County Interagency and Community Coalition.

"We've got kids from the community and local daycares and a few 'walk-ins' who came over to see what was going on," said Alyson Kopycinski, Grady County Hospital volunteer and president of the Interagency Coalition. "Our focus is on children too old for daycare but too young to work to help them make healthy decisions for themselves."

Topics covered included tobacco and drug use, alcohol use and physical fitness and nutrition.

"Each kid will leave here with a backpack filled with give-aways, resource information and goodies," Kopycinski said. "This is our first time, but we have had wonderful support from the community, so we hope to do it again next year."

4-H Educator Emily Gregory and State 4-H Ambassador from Comanche County Jenna Murray, who were teaching a group about how tobacco, drug and alcohol use affects the body, had children breathe through straws while marching in place to demonstrate how tobacco constricts the airways and make breathing difficult.

Lauren Greenfield of the Red Rock Area Prevention Resource Center in Yukon and Leslie Halton, southwest coordinator for 2Much2Lose Substance Abuse Prevention spoke to a small group of children about alcohol use and healthy choices they can make.

Red Cross volunteers Bunnie and Dean Morgensen of Oklahoma City and Chickasha's Barbara Higgins of the Red Cross Emergency Service Disaster Active Team were also on hand passing out cups of ice water to thirsty participants.

Children also got tips on healthy nutritional choices from Denise Castillo and Amanda Zink of the OSU Extension Office.