

FOR IMMEDIATE RELEASE

**Contact: Cheryl H. Barber
Development Director
cbarber@baptistchild.org
610-879-1440 ext. 112**

**HEALTH, FITNESS AND NUTRITION THE FOCUS OF A GRANT FROM THE POTTSTOWN
AREA HEALTH & WELLNESS FOUNDATION**

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The Pottstown Area Health & Wellness Foundation has announced its support of health, fitness, and nutrition outcomes of at-risk youth with a grant of \$10,000 to BCS YES! Youth Empowered to Succeed.

BCS YES! formerly doing business as Baptist Children's Services, is licensed by the Commonwealth of Pennsylvania to provide residential services to adjudicated youth in group homes and emergency shelters. Located in Royersford and Philadelphia, the Agency provides comfortable home-like settings for teens 13 through 18, and typically cares for 400-500 youths annually.

The Health, Fitness and Nutrition Program is based on guidelines provided by the National School Breakfast, Lunch and After School Snack Program. It provides overweight and obesity intervention, instruction in nutrition, and promotes Five-A-Day nutritional standards in at-risk youth.

"The Health, Fitness and Nutrition Program allows our residents to take an active role in their care by providing hands-on learning of the nutritional value of food, of food selection and preparation, and also helps our kids to equate healthy eating to healthy living and total well-being," states Rebekah Elliott, Education and Food Services Manager who oversees the Health, Fitness and Nutrition Program. "The program transforms BCS YES! kitchens into "learning labs" where residents are supervised in meal preparation, procedures in safe food handling, coupon shopping, and understanding food labels," adds Ms. Elliott.

BCS YES! residents are referred to the Agency by county offices of children, youth and family services. "By meeting a youngster's basic human need for food, clothing and shelter, and by encouraging active school participation, we are fulfilling our mission of empowering at-risk youth to succeed. The grant from the Pottstown Foundation will greatly enhance the Program," states Larry Buchholz, the newly-appointed Executive Director of BCS YES!

The Pottstown Area Health & Wellness grant represents the Foundation's second year of funding the BCS YES! program. The Foundation provides support for programs that motivate people to adopt healthy lifestyles and enhances the health and wellness of area residents. Pottstown Area Health & Wellness Foundation was formed in 2003 with the proceeds obtained from the sale of the Pottstown Memorial Medical Center. Non-profits interested in learning more about Pottstown Area Health & Wellness Foundation should visit the website at www.pottstownfoundation.org.

For information on volunteer or employment opportunities at BCS YES! please visit www.bcsyes or contact the King of Prussia office at 610-879-1440.

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