

# Local Wellness Policy Meeting

Be A  
School Wellness Champion



**Ingham Academy Family Center** invites parents to join Ingham Academy's Wellness Committee to discuss the school wellness policy. If you are interested participating in the school's wellness committee, please see contact information below. Healthy choices at school helps keep our children healthy and ready to learn. The school wellness policy helps our school create an action plan for nutrition and physical activity at school. Parents can share their opinions and help make sure the policy is meeting the needs of our students. Ingham Academy's Wellness policy is available at: <http://cc.ingham.org/FamilyCenter.aspx>.

Parents who are unable to attend the meeting can email comments about the wellness policy or nutrition and physical activity at their school to: [lhelbig@ingham.org](mailto:lhelbig@ingham.org).

## Contact information:

Leesa Helbig: 517-342-2683  
School Secretary: 517-342-2692