

A Creative Way to Connect

# HEALTHY BULLETIN BOARDS

**Bulletin boards provide a fun and easy way to deliver healthy eating and active living messages and better connect health care practices to their community.**

Let's Go! 5-2-1-0 bulletin boards are a great way to get everyone in your practice involved! There may be someone on your office team who has a creative eye and would enjoy taking on this role. Try connecting with your local Let's Go! Coordinator...they are a great resource!

Here are some ideas to keep in mind when creating your Let's Go! 5-2-1-0 bulletin board:

- Regularly feature healthy community activities that patients and their families can attend. Examples include: local 5K runs, health fairs, FREE blood pressure screenings, supermarket tours, and farmers markets.
- Post resources and news articles for parents and children.
- Post seasonal activities like “safe sledding techniques” and “free hiking spots.”
- Feature a fruit or vegetable of the month.

Colorful parent handouts located under the *Parent Handout* tab can be used to bring your bulletin board to life!

**BE CREATIVE AND HAVE FUN!**

get the message out!

