# Super-Power Summit

## Youth Wellness Initiative

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| 9:00-9:30     | **Breakfast** School Nutrition Association of IA (SNA) & United Healthcare  
Healthy Photo Booth #IAsupersummit                    
Blender Bike - United Healthcare                        |
| 9:30-10:00    | **Welcome and Introductions**                                       
Carrie Scheidel - IA Department of Education              
Dr. Jennifer Groos - IA Academy of Pediatrics President   |
| 10:00-11:15   | **Learn & Return Student Breakouts**                                
Vegetable Servings ✦ Smart Snacks Calculator ✦ Obstacle Course  
✦ Hy-Vee NuVal Wheel ✦ Cabbage Icebreaker ✦ How to Enjoy Kale! |
| 10:00-11:15   | **Adult Breakout - Community Room**                                  
Dr. Jennifer Groos - IA Academy of Pediatrics President    
Erin Thole - Midwest Dairy Council                         
Patti Delger - Iowa Department of Education                 
Allie Paulson - Live Healthy Iowa Kids                   
*Adults observe students for last 30 minutes of breakouts* |
| 11:15-11:45   | **Lunch** Provided by the Midwest Dairy Council - Catered by Indianola Schools |
| 11:45-12:25   | **Student Breakouts - Groups A & B**                                 
Group A: Tour Facility  
Group B: Chef DeeDee Olson - Flavor Shakers After 20 minutes - Group A and B Flip |
| 12:30-1:25    | **Student Breakouts - Groups A & B**                                 
Group A: Exercise Studio Downstairs Group: B: Exercise Studio Stairs After 25 minutes - Group A and B Flip |
| 11:45-1:00    | **Adult Breakout - Community Room**                                  
Penney Arey: Indianola Schools - Smart Snacks              
Cheryl Dickman: Howard-Winn - School Wellness Success       
Angela Mitchell: Comprehensive School Physical Activity Program |
| 1:00-1:25     | **Adults Join Students in Exercise Studios**                        |
| 1:30-2:30     | **Team Time, Action Plans, and FUN!!**                              
Howard-Winneshieik - Timber Dance                         
Conclusion and Grab a Healthy Snack from SNA for the Road! |

**Thursday, Nov. 13**  
9:00am - 2:30PM  
Indianola YMCA  
306 East Scenic Valley Ave. Indianola

**SPONSORS:** Iowa Partners: Action for Healthy Kids - Iowa Department of Public Health - Midwest Dairy Council - Iowa Dept. of Education’s Team Nutrition Program School Nutrition Association of Iowa - United Healthcare