

# SUPER-POWER SUMMIT



## YOUTH WELLNESS INITIATIVE

- 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 Upstairs  
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-Winneshiek - Timber Dance  
Conclude 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