

# JUNCTION SPOTLIGHT

March 24<sup>th</sup>, 2022  
Volume 28



## HEALTHY LIVING CAN BE FUN

One of Stafford Junction's programs, Healthy Living Pays (HLP) focuses on four important elements of personal health: physical activity, nutritional education, healthcare assessment and assistance, and mental health. To keep our participants engaged, we must find ways of making these activities fun as well as focus on these main elements.

With the start of Spring and nicer weather, an activity was organized through YMCA to get the kids outside and active. Nine Stafford Junction children took part in Disc Golf. This sport uses discs instead of golf balls with the targets being baskets instead of holes.

First, the participants practiced throwing techniques and how to direct and aim their discs. Then, they partnered up to conquer the course at Pratt Park in Fredericksburg. Obed, Nicole, Jaden, Gabby, Latrayal, William, Erick, and Gio enjoyed 2 hours of fun. Since this was their first time playing, they focused more on learning and having fun than keeping score. Along with being physically active and having a good time, they learned the importance of team collaboration. The experience provided upper and lower body conditioning, aerobic exercise, and mental stimulation by concentrating on mastering shots and negotiating obstacles.

## 2022 BUILDING A BETTER TOMORROW CAMPAIGN

We are quickly approaching our Building a Better Tomorrow Campaign kickoff. The annual Building a Better Tomorrow Campaign counts on the generosity and support of individuals, businesses, and area churches to fund our programs.

During our campaign, we will be sharing stories about how our programs positively impact a child or a family's life.

These gifts help fund programs for families in our 7 low-income neighborhoods.

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**Stafford Junction**  
*Where Lives Connect*