



THE FAMILY TREE
INFORMATION, EDUCATION & COUNSELING CENTER



Healthy Start is here for another five years!



We are so excited to announce that the Healthy Start program has been refunded for an additional five years! This allows us to continue doing the great work of helping all of Acadiana's babies have a healthy start in life! With the beginning of this new grant cycle, we'd like to remind everyone of who we are and what we do. We hope you take a few minutes to check out this video celebrating 25 years of National Healthy Start history.



Employment Opportunities



A new grant cycle brought us an expanded service area and we are so excited to now be providing services in Iberia and Vermilion Parishes! This fantastic news means we need additional staff. We have several positions open. Just click on the "we are hiring" picture to be redirected to our website for complete details and instructions on how to apply.

Click [HERE](#) to access the Spring EDUCATION CALENDAR

Branching Out

This support group for women caregivers offers empowerment, inspiration and therapeutic guidance in a peaceful setting. Branching Out works to nurture connections one branch at a time.



Photo by Roman Kraft on Unsplash

Don't forget about Branching Out!

This FREE support group is for all female caregivers and meets twice a month.

1st Wednesday of every month - Lafayette
2nd Wednesday of every month - Crowley.

Be on the lookout for a group in St. Landry Parish starting soon!



NATIONAL
**MINORITY
HEALTH
MONTH**

Active & Healthy | April 2019

"Without health and long life, all else fails."

What is Health Equity?

Health equity is when everyone has the opportunity to be as healthy as possible.

What Are Health Disparities?

Health disparities are differences in health outcomes and their causes among groups of people. Reducing

~ Dr Booker T. Washington

Recognizing that health is the key to progress and equity in all other things, Dr. Booker T. Washington proposed the observance of “National Negro Health Week” in April 1915. He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to “pull together” and “unite... in one great National Health Movement.” That observance grew into what is today a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities.

health disparities creates better health for all Americans.

Why is Health Equity Important?

Health is central to human happiness and well-being and is affected by where people live, learn, work, and play. According to the World Health Organization, health also makes an important contribution to economic progress.

Why It Matters | Physical Activity | CDC

Centers for Disease Control and Prevention. CDC twenty four seven. Saving Lives, Protecting People

[Read more
www.cdc.gov](http://www.cdc.gov)



Physical activity is one of the best things people can do to improve their health. Yet, too few Americans get the recommended amount of physical activity. Only 1 in 4 adults and 1 in 5 high school students fully meet physical activity guidelines for aerobic and muscle-strengthening activities. These numbers are even lower among adults in some racial and ethnic minority populations.

Physical activity promotes health and reduces the risk of chronic diseases and other conditions that are often more common and more severe among racial and ethnic minority groups. Physical activity also fosters normal growth and development in children, improves mental health, and can make people feel better, function better, and sleep better. You can find this information and more on the [CDC's website](http://www.cdc.gov).



Move Your Way Activity Planner

You can get more physical activity! Use this tool to find tips and set weekly goals. #MoveYourWay

[Read more
health.gov](http://health.gov)

We're joining the #ActiveandHealthy movement

with this 2nd quarter Wellness Challenge!

Our latest and greatest group challenge here at The Family Tree will be to “walk” the I-10 corridor. Yes, the entire west coast to east coast, all 2,460 miles. We will be keeping up with our weekly miles to see how far we've traveled each week. Make sure you like and follow us on Facebook for weekly updates every Friday! You can find us [@theacadianfamilytree](#)

Do you think you can keep up with us and walk the entire I-10 corridor?? Make sure you comment your total steps/miles each week (begins Friday - ends Thursday) on the I-10 Facebook post. Now get to stepping!!



More Upcoming Events From Community Partners

New Day Community Outreach Presents

the BUNNY HOP *Free Family Fun*

Pictures with the Easter Bunny!

Crafts - Games - Snacks
Community Vendors
Door Prizes — And More!

3pm
April 6th

Kid's Sunday Best Pageant!

@ The Northgate Mall

The poster features a white Easter Bunny on the left holding a basket of colorful eggs. In the center, the text 'the BUNNY HOP' is written in a large, bubbly font. To the right, a baby wearing bunny ears sits in the grass. The background is a light blue sky with butterflies and a basket of eggs in the foreground.

Macaroni Kid



The Family Tree Healthy Start Program
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