

# October

## Healthy Eagle Express

### Fire Safety Month

October is Fire Safety Month. Please take time this month to review or make your Family Escape

Plan. Make sure that your plan includes at least two ways out of your home, a meeting place, a designated person to call 911 and a designated person to help anyone in need.

This is also a good time to change the batteries in your smoke detectors.

### Heart and Sole

All Saints will be forming a team to participate in the Heart and Sole walking program sponsored by NRH. The cost is \$10 and includes a pedometer and walking log. There will be prizes based on steps walked. If you would like to be part of The All Saints Steppin' Saints please email

[bsi\\_zemore@ascsn.org](mailto:bsi_zemore@ascsn.org)  
by Wednesday October 15<sup>th</sup>.

### Walk -n- Talk

The October Walk -n- Talk will take place at the Cleveland County Family YMCA on Saturday October 18<sup>th</sup> at 9:00

a.m. This event will kick off the Heart and Sole Walking Program. There will a children's obstacle course, onsite registration and a 5K walk with the Mayor.

### October Family Physical Activity Chart

Please attempt to earn as many points as you can as a family. Again please turn it in to Mrs. Sizemore. If you still are working on your Family Activity Bingo please do so. Make sure to turn them in when you have completed at least five in a row.

### Suggestions

Please let me know if there are other topics you would like covered or if you know of any local health or wellness activities going on.

