

## University Partners:

**Cheryl A Howe, PhD**  
Associate Professor  
in Exercise  
Physiology



**Jennifer Yoder, MS, RD**  
Faculty in Applied  
Nutrition  
Director of Studies  
for the Diabetes  
Certificate



**Elizabeth Beverly, PhD**  
Assistant Professor in  
HCOM-Family  
Medicine



**Darlene Berryman, PhD, RD, LD**  
Executive Director  
of the Diabetes  
Institute  
Associate Professor  
in Biomedical  
Sciences



## Community Partners:

**Karin Bright**  
Communications and  
Outreach Chair of  
Athens County Food  
Pantry  
Trustee, Ohio Farm  
Bureau Federation



## Student Partners:

- Exercise Physiology Students and Student Organization
- Applied Nutrition Students and Student Organization
- DOSES: College Diabetes Network
- Diabetes Certificate Students



## Scheduled Events: 2016-17

- **September 3rd:** Better Breakfast Month
- **October 1st:** Women's Health Month
- **November 5th:** Diabetes Awareness
- **December 3rd:** Winter Challenge
- **January 7th:** Winter Challenge
- **February 11th:** Healthy Hearts
- **April 1st:** Healthy Communities (Mom's Weekend)
- **May 6th:** Get Moving
- **June 3rd:** Explore Athens Outside
- **July 1st:** Senior Health

## **Food Donation Months:**

- September
- November
- April

# What is R.E.A.C.H.?

The acronym stands for “Resources and Education for Athens County Health.” This is a partnership between Ohio University’s College of Health Sciences and Professions and the College of Osteopathic Medicine, The Diabetes Institute, and the Athens County Food Pantry, with the support and approval of Kroger Foods.

***Mission:** Provide education and connection to services to Athens County to promote healthy living.*

***Vision:** Healthy living for all*



Facilitated by:

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Illustration by: Sequoya Smith

## Resources and Education for Athens County Health

*Community partners working towards:*

*“Healthy living for all”*