



Crossroads United Way
Serving Elkhart, LaGrange
& Noble Counties

SUPPORTING HEALTH LITERACY

DELIVERING THE ESSENTIALS FOR HEALTHY LIVING

The Harold W. McMillen Center for Health Education has made a significant impact on local students, earning high praise from teachers with an impressive rating of 4.77 out of 5 for overall experience. One teacher noted that the programs, particularly the "Balance Your Act" nutrition initiative, exceeded expectations and emphasized essential topics like the health effects of sugar.

Students learned valuable skills, such as understanding serving sizes and recognizing sugar levels in popular beverages, with even the shyest participants actively engaged. This feedback highlights how Crossroads United Way supports initiatives that enhance health literacy, fostering lifelong healthy habits and building a healthier community.



Visit www.crossroadsuw.org to learn more and get involved.