

DIRECTIVE:	JOB CORPS PROGRAM INSTRUCTION NO. 14-
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TO: ALL JOB CORPS NATIONAL OFFICE STAFF
ALL JOB CORPS REGIONAL OFFICE STAFF
ALL JOB CORPS CENTER DIRECTORS
ALL JOB CORPS CENTER OPERATORS
ALL NATIONAL TRAINING AND SUPPORT CONTRACTORS
ALL OUTREACH, ADMISSIONS, AND CTS CONTRACTORS

FROM: LENITA JACOBS-SIMMONS
Acting National Director
Office of Job Corps

SUBJECT: Upcoming Healthy Eating and Active Lifestyles (HEALs)-Related Observances

1. Purpose. To provide a listing of HEALs-related observances in September.
2. Background. The HEALs program was released in May 2009. Over the past 5 years, Job Corps centers have made many enhancements to food service, recreation, and weight-management programming.

Centers are encouraged to plan events to invigorate the HEALs program. There are many fitness, healthy-eating and weight-improvement observances this September, including:

September 1-30

Fruit and Veggies – More Matters Month

Produce for Better Health Foundation
Centers for Disease Control and Prevention
7465 Lancaster Pike, Suite J, 2nd Floor
Hockessin, DE 19707
(302) 235-2329
(302) 235-5555 Fax

kstevens@pbhfoundation.org

www.fruitsandveggiesmorematters.org 

Materials available
Contact: Kristen Stevens

September 1-30

National Childhood Obesity Awareness Month

American College of Sports Medicine
401 West Michigan Street
Indianapolis, IN 46202-3233
(317) 637-9200

coam@acsm.org

www.coam-month.org 

Materials available
Contact: None designated

September 1-30

National Food Safety Education Month

Partnership for Food Safety Education
2345 Crystal Drive, Suite 800
Arlington, VA 22202
(202) 220-0651
(202) 220-0873 Fax

info@fightbac.org

www.fightbac.org 

Materials available
Contact: Shelley Feist

September 1-30

National Yoga Awareness Month

Yoga Health Foundation
578 Washington Blvd. #716
Marina del Rey, CA 90292
(310) 928-6638

join@yogamonth.org

www.yogamonth.org 

Materials available
Contact: None designated

September 1-30

Whole Grains Month

Whole Grains Council

226 Beacon Street

Boston, MA 02116

(617) 421-5500

(617) 421-5511 Fax

cynthia@oldwayspt.org

www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september 

Materials available

Contact: Cynthia Harriman

September 24

National Women's Health & Fitness Day™

Health Information Resource Center

328 West Lincoln Avenue, Suite 213

Libertyville, IL 60048

(800) 828-8225

info@fitnessday.com

www.fitnessday.com 

Materials available

Contact: Patricia Henze

September 27

Family Health & Fitness Day USA®

Health Information Resource Center

328 West Lincoln Avenue, Suite 213

Libertyville, IL 60048

(800) 828-8225

info@fitnessday.com

www.fitnessday.com 

Materials available

Contact: Patricia Henze

3. Action. Centers are encouraged to plan a HEALs-related event during the month of September. Photos of the event should be submitted to Julie Luht at julie.luht@humanitas.com for inclusion in future publications.

Addressees are to ensure this Program Instruction Notice is distributed to all appropriate staff.

4. Expiration Date. Until superseded.

5. Inquiries. Inquiries should be directed to Carol Abnathy at (202) 693-3283 or via e-mail at abnathy.carol@dol.gov; or Johnetta Davis at (202) 693-8010 or via e-mail at davis.johnetta@dol.gov.