



# Florence County Health Department

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A.Seibold, RN, MS Health Officer/Director



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## NEWS RELEASE

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**JORDYN SPRINGER**

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### **Health Department Intern Teaches Food, Fun & Fitness Lesson**

[Florence, WI] - Jordyn Springer is one of the Florence County Health Department's three new Wisconsin AHEC (Area Health Education enters) Community Health Interns. She's a rising Junior at the University of Wisconsin-Stout where she's majoring in Dietetics. After completing her undergraduate degree, she will go on to complete her master's degree in dietetics as well as an internship with hopes of becoming a Registered Dietitian.

One of her first projects with the Health Department was working with Food, Fun & Fitness to teach a lesson to the students. Food, Fun & Fitness is a summer day camp for children entering 1<sup>st</sup>-5<sup>th</sup> grade. It has five different interest areas that the kids rotate through each day. She taught the nutrition lesson for two days of the program. Her lesson was about the importance of eating a rainbow of colors when eating fruits and vegetables. Jordyn provided the students with healthy rainbow popsicles to show them how fun eating a variety of fruits and vegetables can be.

Throughout her internship at the Health Department, she is working on projects to increase nutrition education and resources throughout different populations within the Florence community. In addition to Food, Fun & Fitness, some of her other projects include giving meal site nutrition presentations, reviewing restaurant menus and updating them with nutrition information, creating educational resources, and working with Women, Infants & Children (WIC). "I am excited to learn more about how nutrition plays a role in public health through numerous community programs. I will be able to carry the wide range of experiences and knowledge I gain into the rest of my education and career."

Florence County Health Department can be reached at 715-528-4837. Visit our website at <http://www.florencecountywi.com/> for more information on programming. The health department is located on the second floor, 501 Lake Avenue in the Florence County Courthouse, open Monday through Thursday from 8:15 a.m. - 4 p.m. open during lunch time and by appointment after hours.

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Florence County Health Department's 2022 Summer AHEC Intern, Jordyn Springer, is pictured giving a nutrition lesson to students at Food, Fun & Fitness.