

For Immediate Release

For Further Information

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General Mills \$10,000 Check Presentation to TCV MH/MR, Inc.

Braddock, PA - Nearly one in three high school students are overweight and many more are at the upper end of a healthy weight range. (CDC) A lack of regular, vigorous, physical activity is a significant contributing factor to the problem. Poor nutrition and unhealthy diets also play an important role in weight and other health problems among youth. This is particularly the case in urban areas where poverty rates are high.

Leland Gilmour, a General Mills, Inc. business planning manager presented Laura Schuchert, TCV MH/MR, Inc. a check for \$10,000 on March 18th at the Agency's After School Program to implement the "TCV Fitness Generation Program" to 125 youth, aged 7-16, in the local communities.

The children in our communities face many challenges and potential barriers to navigating childhood and becoming healthy, well adjusted adults. The General Mills funded TCV Fitness Generation will help them build the resiliency they need to successfully meet the challenge.

TCV Fitness Generation will be implemented into three of TCV MH/MR, Inc.'s existing programs: **TCV After School Program** for youth in grades 1-9 at the Braddock Carnegie Library; **TCV CASASTART** a program made possible by a partnership between TCV Prevention and CASA (The National Center for Addiction and Substance Abuse at Columbia University) and delivered to children in three intermediate schools of Woodland Hills School District, and; **TCV Summer Therapeutic Activities Program (STAP)**, which provides summer activities to 48 children, ages 7 – 18, who need help coping with family problems, peer relationships, exposure to trauma, and other issues.

For further information on these programs or to find out how your child can get involved, please contact Bernie Galanko, TCV MH/MR, Inc. Prevention Department, 412-464-1522 x501 or x 500.

Established in 1970, Turtle Creek Valley MH/MR, Inc. is a private, non-profit agency which offers mental health counseling and treatment; mental retardation services and drug and alcohol treatment and intervention for families, individuals, children and adolescents in Allegheny County. Please visit www.tcv.net for more information.



From left, TCV MH/MR, Inc. Program Supervisor Martin King-Smith and Sean Baker, Site Coordinator Laura Schuchert and Assistant Director/Prevention Bernie Galanko accept the donation from Leland Gilmour, a general mills planning manager, as children look on



TCV MH/MR, Inc. After School Program children cheering, excited about the new addition to their program curriculum