

# Cheyenne County Hospital/Health Department

Vision: *“To Promote a Healthy Community through our Commitment to Quality Patient Care”*

August 29, 2016

Dear Parents/Guardians of USD# 103 Students,

As parents/guardians, we want our children to grow up healthy. Vitamins play a key role in ensuring that he or she remains healthy. Receiving the proper level of vitamins on a daily basis promotes growth, protects against certain diseases, assures good health and development, and provides proper metabolism.

As the health nurse consultant for USD#103, I would like to encourage students to participate in the Healthy Kids **Free** Vitamin Program sponsored by Hometown Pharmacy and the United Way. Our locally owned Hometown Pharmacy is Krien Pharmacy in Saint Francis located at 105 West Washington Street. This program provides unrestricted access to high-quality vitamins to students between the ages of 2-12 years of age in our community at absolutely **no charge**.

With this program, Krien Pharmacy will provide children ages 2-12 years of age a 30-day supply of FDA-approved chewable vitamins for free each month. Parents or guardians must register for the program at the pharmacy at 105 West Washington Street in Saint Francis and come back every 30 days to pick up the monthly supply.

The program is expected to save families hundreds of dollars per year and hopes to address nutritional deficits that face today's children. Studies show that childhood nutritional deficiencies can lead to problems in adulthood such as heart disease, diabetes, osteoporosis, obesity and cancer.

For more information regarding the Healthy Kids Free Vitamin Program, please contact Kody Krien at 785-332-2177 or myself at the Cheyenne County Health Department at 785-332-2381.

Sincerely,

Mila Bandel, RN

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