



# Healthy Start Virtual Grantees' Meeting

## Day 2 Wrap-up

Kenn L. Harris, NICHQ

June 25, 2020



# Thank you, Healthy Start Grantees' Meeting Planning Committee!



- Benita Baker, Cardora Barnes, Mary Emanuele, Vanessa Lee – MCHB/DHSPS
- Deborah Frazier and Sheree Keitt – NHSA
- McClain Sampson and Eulalia Gillum – University of Houston Healthy Start
- Mary Alice Garay – Ben Archer Healthy Start
- Dianne Browne – Camden Healthy Start
- Cynthia Dean – Missouri Bootheel Regional Consortium
- Yvonne Beasley – Healthy Start at Marion County Health Department
- Moraya Moini – Strong Start Initiative LA County Healthy Start
- Lisa Matthews – Cleveland MomsFirst

# Virtual Grantees' Meeting Evaluation Survey



- Please take 5 minutes to complete the **Day 2 Evaluation Survey**
- To access the survey:
  - Visit <https://bit.ly/VGMDay2>
  - Or scan the QR code



# We Look Forward to Seeing You Tomorrow for Day 3!



- **11:30 a.m.-12 p.m. EST:** Optional Movement & Meditation Session
- **12 p.m. EST:** Grants Management Plenary
- Plenaries on Maternal Health, Fatherhood, and more!
- Lunch Networking Cafés on maternal mortality, father engagement, and more!
- Healthy Start Town Hall/Q&A
- Visit [HealthyStartEpic.org](https://HealthyStartEpic.org) to view the full agenda

HEALTHY  
start

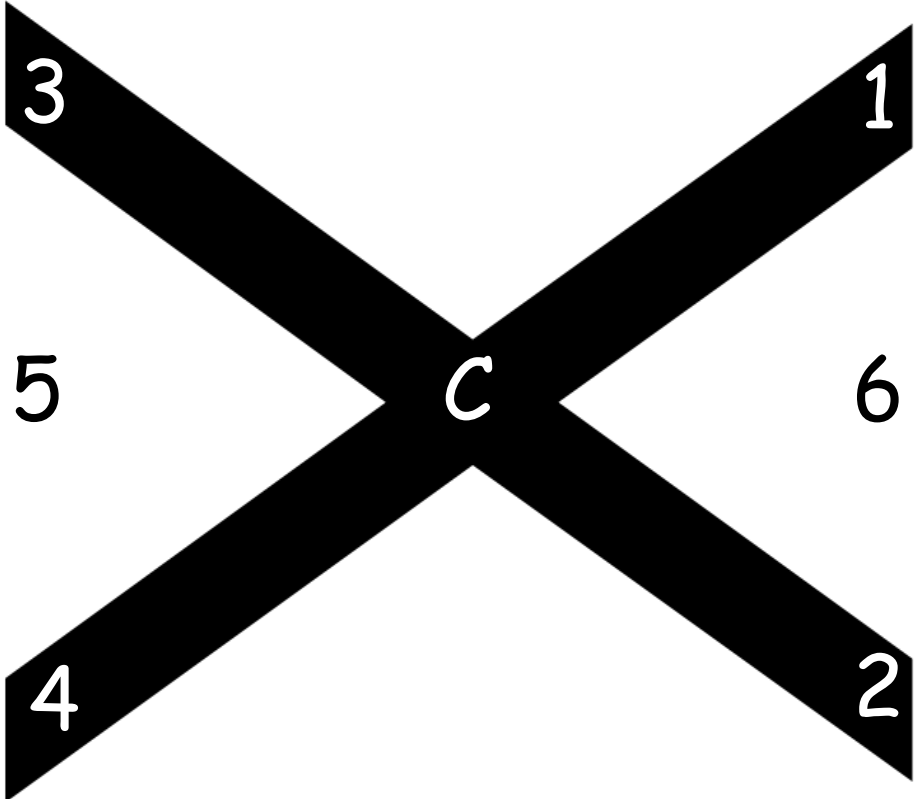


# “Thursday’s Groove”

*Learn the Healthy Start DANCE*



Start by placing an big "X" in the floor or imagining one in your mind!...This way, you'll remember seven points of where all of the steps will land!



Step-right front corner (right foot)  
Step-touch (left foot) to right front corner  
Step-back center (left foot)  
Step-touch back to center (right foot)

Step-right back corner (right foot)  
Step-touch (left foot) to right back corner  
Step-back center (left foot)  
Step-touch back to center (right foot)

Step-left front corner (left foot)  
Step-touch (right foot) to left front corner  
Step-back center (right foot)  
Step-touch back to center (left foot)

Step-left back corner (left foot)  
Step-touch (right foot) to left back corner  
Step-back center (right foot)  
Step-touch back to center (left foot)

Step left side (left foot)  
Step-touch (right foot) to left side  
Step back center (right foot)  
Step-touch back to center (left foot)

Step right side (right foot)  
Step-touch (left foot) to right side  
Step back center (left foot)  
Step-touch back to center (right foot)

REPEAT LEFT AND RIGHT SIDE STEPS

Circle to the right (feet together)  
Circle to the left (feet together)

REPEAT FROM TOP

Instructions: Start with both feet in the center of the "X". Keep in mind that the steps are what is called "step-touch":

Left front  
corner

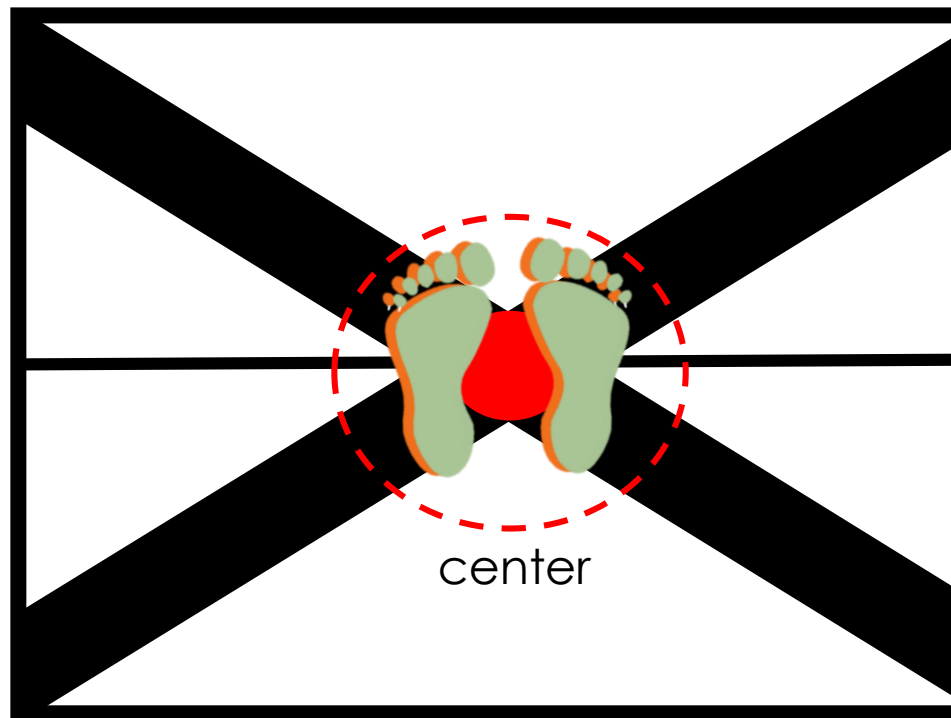
Right front  
corner

Left side  
step

Right side  
step

Left back  
corner

Right back  
corner



Step-right front corner (right foot)  
Step-touch (left foot) to right front corner  
Step-back center (left foot)  
Step-touch back to center (right foot)

Step-right back corner (right foot)  
Step-touch (left foot) to right back corner  
Step-back center (left foot)  
Step-touch back to center (right foot)

Step-left front corner (left foot)  
Step-touch (right foot) to left front corner  
Step-back center (right foot)  
Step-touch back to center (left foot)

Step-left back corner (left foot)  
Step-touch (right foot) to left back corner  
Step-back center (right foot)  
Step-touch back to center (left foot)

Step left side (left foot)  
Step-touch (right foot) to left side  
Step back center (right foot)  
Step-touch back to center (left foot)

Step right side (right foot)  
Step-touch (left foot) to right side  
Step back center (left foot)  
Step-touch back to center (right foot)

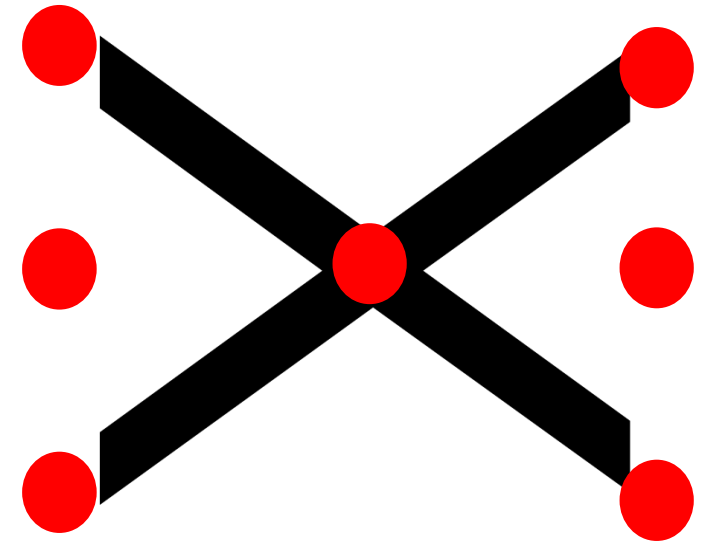
REPEAT LEFT AND RIGHT SIDE STEPS

Circle to the right (feet together)  
Circle to the left (feet together)

REPEAT FROM TOP

# Cool Groovy Beat

Click on Ricky's chest to start music





**Thank you!**

