

Boys & Girls Club of Henderson County

RUN, PLAY, HEAL

The [Boys and Girls Club of Henderson County](#) will provide programming for marginalized youth ages 6-18 that addresses physical, social, and emotional needs. This program hopes to address the physical and social-emotional gaps that have been created by the pandemic. While children appear to be largely spared the severe illness caused by COVID-19, the indirect effects stemming from stress related to isolation, trauma and unhealthy habits built during a sedentary lifestyle have the potential to influence the future health of children for decades to come. Research is already beginning to show heightened rates of anxiety, depression, and unhealthy coping mechanisms such as binge eating. By providing a safe supportive environment the Club aims to disrupt the unhealthy patterns developed in quarantine and re-teach healthy ways to physically and mentally cope and grow. The program will provide multiple opportunities for aerobic activity, healthy food and drink options, and highlight programs designed to teach healthy ways to process and handle emotions.