FOR IMMEDIATE RELEASE

North Valley Hospital Provides Sponsorship To The Boys And Girls Club Of Glacier Country

WHITEFISH, MT – December 2, 2013: North Valley Hospital is pleased to announce their donation of $12,000 to the local Boys & Girls Clubs of Glacier Country to improve the health and wellness of kids in Columbia Falls and Evergreen through sponsorship of the Triple Play wellness program.

Triple Play: A Game Plan for the Mind, Body and Soul demonstrates how eating right, keeping fit and forming positive relationships create a healthy lifestyle for Club members. The U.S. Department of Health and Human Services has taken a strong interest in this programming approach because it is in line with its Steps to a Healthier US initiative.

Through the comprehensive Triple Play program strategy, Club professionals help boys and girls better understand nutrition, health effects, as well as help in determining reasonable portion sizes. Members receive coaching in sports, recreation and fun activities that develop their coordination and leadership skills. Organized social recreation activities strengthen character, increase confidence and enhance the ability to relate well to others.

In addition to the financial support to implement the Triple Play program, North Valley Hospital is providing monthly health and safety education and activities whereby hospital and clinic staff will lead sessions on topics such as healthy eating, backpack safety, and effective hand washing. North Valley is also partnering with another local business to rebuild and donate six desktop computers and software for the boys and girls to use for educational and recreational purposes.

“We’re very excited to partner with North Valley Hospital. They have a seemingly endless knowledge base to assist us in creating a healthier day after school for our youth,” said Alan Sempf, Boys and Girls Club of Glacier Country Chief Professional Officer. “The future just got brighter for the kids at our Boys and Girls Club.”

The Boys and Girls Clubs serve almost 150 kids daily between their Columbia Falls and Evergreen locations and are continuing to grow. Youth are provided a daily snack before breaking into one of the many activities available in sports, cooking, crafts, homework help, dancing, and games which are supported by positive prevention and personal growth programs.

“Keeping our kids healthy and teaching them life skills like healthy eating, the value of regular exercise and respecting one another sets beneficial groundwork for good citizens of the future,” said Jason Spring, North Valley Hospital CEO. “We’re proud to support our community by partnering with the Boys and Girls Club at
both Flathead County locations by helping them finance the *Triple Play* program and bringing some of our health-related expertise to Club members.

For more information on the Boys and Girls Club of America: [www.bgca.org](http://www.bgca.org). The Columbia Falls Club can be reached at 406-892-7486; Evergreen Club at 406-752-5440.

###