



CHARLOTTE BARTIZEK PHOTOS/ FOR THE DALLAS POST

Classmates David Miller, left, Justin Toney, center, and Henry Selingo walk around the new walking path next to the Lehman-Jackson Elementary School.



Lake-Lehman students take advantage of good weather and a new walking track set next to the Lehman-Jackson Elementary School.

# LJ students 'walk the walk'

Students from Lehman-Jackson Elementary School were "walking the walk" on October 8 in support of increased physical activity as they joined with other students, parents, teachers and community partners statewide in the Commonwealth's Fourth Annual Walk at School Day organized by Pennsylvania Advocates for Nutrition & Activity (PANA). Held on the first Wednesday in October each year in conjunction

with International Walk at School Day, the event promotes physical activity for today's youth by encouraging regular Walk at School programs. Students and teachers from Lehman-Jackson walked on the district's new trail which was funded by Steps to a Healthier Luzerne County Initiative. Schools were awarded funding to increase physical activity throughout the school day for students and staff.



Linda Van Orden and students in her third grade class take a walk around the new waling path next to the Lehman-Jackson Elementary School.

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*The expansion of the Meadows Nursing & Rehabilitation Facility's therapy department is a great advantage to both our current long-term residents and residents coming to our facility for rehabilitation. We have renovated and expanded our therapy area over 3,000 square feet. This additional space allows us to accommodate all disciplines of therapy in one area. Our objective in expanding our therapy area was to create an aesthetically pleasing atmosphere that encourages our residents to work to the best of their ability alongside our therapy staff to meet or exceed their goals.*

Meadows Nursing & Rehabilitation Facility offers superior nursing care, which rehabilitates and improves the residents' health, and, when necessary, helps them to accept declining health with dignity and comfort in a loving, caring atmosphere. Their nurses are on duty around the clock, and a physician is always on call. In addition to excellent medical care, residents and their families benefit from the spiritual, social and emotional support offered at Meadows Nursing & Rehabilitation Facility.

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