

## **Aultman Ambassador of the Year is Junior Christine Lawver**

Congratulations to junior Christine Lawver who was selected to receive the Aultman Ambassador of the Year award!

As part of Aultman Health Foundation's mission to lead our community to improved health, the Aultman Ambassador Program (AAP) provides an opportunity to empower high school students to be "Aultman Ambassadors" to engage their peers, families and communities in promoting sustainable, healthy lifestyle changes. AAP has collaborated with the Alliance for a Healthier Generation Schools Program to provide evidence-based resources on the core principles of the Aultman Ambassador Program: nutrition, hydration, physical activity, sleep and stress management. This is Sandy Valley's inaugural year in the program, and Christine has helped to lead the SV Ambassador Team as they've worked to implement healthy initiatives in the school, including new hydration stations and a Mental Wellness Day held this past January.

Christine will be honored at a special ceremony in May and will receive a \$250 scholarship. Congratulations to this fantastic young lady! Cardinal Nation is proud of you!

