



The Cleveland Clinic Health Education Programs

October, November, December

Fall 2007

Programs & Events

On the Cover



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The Building Blocks of Nutrition
by Renee Kovalcheck and Rob Armagno
Gilmour Academy
Cynthia Lowry, Instructor
Blue Ribbon Recipient
Health eXpressions™



Enlarged detail showing
nutrition labels

About the Artists' Work

“Our artwork represents different types of nutrition our bodies receive. Most people don’t receive all the necessary nutrients through their diets. An imbalance in diet can contribute to heart disease, cardiovascular disease, high cholesterol, heart attack, or stroke. Eating right and getting the proper nutrients are the key building blocks to a healthy heart and lifestyle. The tiles represent the building blocks of nutrition for a healthy heart and also serve as a reminder of the choices we make through our food intake. The varying heights in tiles represent the different amounts of food needed to obtain a healthy diet.”

About the Program

Created by the Office of Civic Education Initiatives, **Health eXpressions™: The Intersection of Art and Wellness** utilizes the arts to engage students in the study of health. As a part of this initiative, Cleveland Clinic medical professionals speak to area art classes on important health issues, and the students then bring their newfound knowledge to life through artistic interpretations. In addition to giving participants a deeper, real-world understanding of art and health, the program promotes creativity, innovation, communication, and teamwork.

The Office of Civic Education Initiatives was established to fulfill Cleveland Clinic’s commitment to promote education throughout Northeast Ohio. In partnership with area schools, local businesses, and fellow nonprofit organizations, the Office creates innovative programs designed to enhance children’s learning in the areas of math, science, health and wellness, the arts, and innovation.