

# EMPOWER

## Success Story



### United Cerebral Palsy of Central Arizona boosts up fresh fruits and vegetables and knocks down screen time

The Empower Program is excited to share the first success story featuring **The Early Learning Center at United Cerebral Palsy of Central Arizona (UCP)**. Positive changes as a result of implementing the 10 Empower Standards at UCP include:

- Very little screen time in the center
- Fewer canned foods
- More fresh fruits and vegetables
- Engaged families who encourage healthy choices at home

The center has found success in involving families in the activities that the children participate in as well as planning the Empower-related activities.

Please join us in recognizing and congratulating UCP of Arizona for their great accomplishments!



***[We] know that it takes a community to raise children to grow into able-bodied adults later in life. We start teaching them young and they have learned by the time they get into elementary school and throughout, that they can do anything they set their minds to.***

Early Learning Center at UCP of Central Arizona



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