

**FOR IMMEDIATE RELEASE:** December 30, 2008

For additional information, please contact Renee Slovic at: (508) 541-1238

## **KEEFE TECH STUDENT ATTENDS 11<sup>th</sup> ANNUAL MIAA WELLNESS SUMMIT**

**FRAMINGHAM, MA** – Keefe Tech Electrical senior Matt Ford recently attended the 11th Annual Massachusetts Interscholastic Athletic Association (MIAA) Wellness Summit at the Sheraton Hotel in Milford, MA.

“Attending this summit helped me gain insight about the importance of keeping a healthy mind and body,” said Ford. “I heard a lot of speakers who had inspirational stories about being role models for your peers,” he added.

The Annual MIAA Wellness Summit is open to school wellness coordinators, health and physical education teachers, coaches, administrators and students. This year's summit featured workshops and presentations from the Massachusetts Department of Education School Nutrition and Health, rad KIDS, Inc., Brain Injury Association of Massachusetts, and New Beginnings, a health and wellness program that is housed at Keefe Tech.

New Beginnings is a Massachusetts Department of Public Health grant-funded program promoting health and wellness for teens by encouraging them to become role models and leaders in their schools and communities. In partnership with the MIAA, New Beginnings provides workshops and programs at all levels of education to schools, parents and communities free of charge across the state.

Bill Phillips, President and Founder of New Beginnings, was also in attendance at the Wellness Summit. “I brought along three young men who shared their personal stories with students,” Phillips said. “By listening to their experiences, students can learn to make healthy decisions for their own futures.”

A private, nonprofit education, the MIAA is dedicated to promoting interschool activities that provide lifelong and life quality learning experiences to students while enhancing their achievement of life educational goals.

Keefe Technical School, located in Framingham, MA, is accredited by the New England Association of Schools and Colleges. In addition to 13 different vocational programs, Keefe Tech offers a complete college preparatory program to students from the communities of Ashland, Framingham, Holliston, Hopkinton, and Natick.

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