

**Memorandum of Understanding (MOU)**  
2023 OFH Vids4Kids Yoga & Nutrition Program

**Vids4Kids Program Summary:**

The Parties to this MOU are the \_\_\_\_\_ located in \_\_\_\_\_ hereafter known as "Partner" and **One for Health** known as "OFH", a Massachusetts 501(C3) non-profit corporation. The **Vids4Kids** program includes yoga and nutrition education. OFH offers this program at no cost throughout the United States in Boys and Girls Clubs and other national groups that benefit low income youth and are interested in partnering with us. Due to the COVID 19 pandemic OFH developed this youth Vids4Kids instruction option.

With this as our focus, **One For Health** created a program that presents on-line fundamental concepts of yoga and nutritional management.

The parties to this agreement acknowledge the following mutual responsibilities to ensure its success.

**One for Health Responsibilities:**

1. To provide online access to mini-instructional youth yoga videos, nutrition videos and nutrition handouts.
2. To provide nutritional bars or juices for at least 60 kids.
3. When feasible, for an OFH teacher to teach a class once or twice a month and share yoga/nutritional expert support.
4. To provide communication links to OFH and an OFH Point of Contact (POC) person.
5. To offer the opportunity for a free Youth Wellness Facilitator Training for site staff via Zoom
6. To provide calming mindfulness audio for youth.

**Partnering/Online Organization Responsibilities:**

1. To provide group space/room for yoga and kitchen space if needed for nutrition.
2. To supervise the participating students in their on-site activity during the online instructions.
3. To provide any supplies that students may need including but not limited to yoga mats, recipe ingredients and cooking tools when applicable.
4. To provide at least one staff person as a Program Point of Contact (POC)
5. To provide comments for the one page OFH Feedback form once a month

By signing below, Partner Executive and OFH Executive agree that, any Partner's Membership Agreement signed by member parents, includes parental consent outlined in the Membership Agreement concerning participation in auxiliary Club programs like the one noted herein and described as the **Vids4Kids Program** to be delivered by One For Health. Such participation may include media/photography used during and after the program for instructional purposes and course development which may be allowed unless noted otherwise by the partner site.

At no time will OFH sell or otherwise offer such media for use outside of its own program needs. The videos and other program materials are intended for the exclusive viewing and use of Club members for the period defined in this agreement.

Signed this \_\_\_\_\_ day of \_\_\_\_\_ 2023

for the period of: Start date: January 2023.....End date: \_June 2023

\_\_\_\_\_  
Partner Executive

\_\_\_\_\_  
OFH Executive