



State of New York County of Broome Government Offices

Broome County Health Department

Jason T. Garnar, County Executive · Olivia Catalano, MHA, Director of Public Health

FOR IMMEDIATE RELEASE: May 11th, 2026

Contact: Brooke Goosman, Public Health Educator

607.778.2878 | Brooke.Goosman@broomecountyny.gov

Ink and Graphic Family Daycare Earns HEART of New York Physical Activity Certification

(BROOME COUNTY, NY) – Ink and Graphic Family Daycare, in partnership with the Creating Healthy Schools and Communities (CHSC) Grant through the Broome County Health Department, has been awarded the Healthy Eating and Activity Recognition Tag (HEART) of New York Physical Activity Certification.

The HEART of New York recognition is awarded to early care and education (ECE) programs that demonstrate a strong commitment to improving physical activity, nutrition practices, policies, and learning environments. Ink and Graphic Daycare earned this distinction through its ongoing efforts to promote healthy habits and active lifestyles for the children in its care.

As part of this initiative, the daycare staff completed Office of Children and Family Services (OCFS) approved professional development training, including:

- Physical Activity and Learning Session (PALS)
- Active Play with Mixed Age Groups
- Physical Activity in Small Spaces: Four Games to Promote Movement

These trainings provided staff with practical strategies to incorporate more movement and active play throughout the day. One staff member shared, “This is one of the best trainings I have received.”

Following the training, Director Sarah Esther Franco-Nevarez and Daycare owner Miguel A. Nevarez worked closely with Brooke Goosman, Early Childhood Education Coordinator for the CHSC grant, to develop an action plan focused on increasing physical activity opportunities throughout the daycare day. Together, they also updated the program’s policies to reflect Ink and Graphic Daycare’s commitment to prioritizing children’s health and movement.

Brooke Goosman stated, “Ink and Graphic has shown outstanding dedication to improving daily physical activity opportunities for children. Their commitment to implementing best practices in early childhood health makes them a model program in the community.”

After submitting their application through the CHSC grant, Ink and Graphic Daycare was officially awarded the HEART of New York Physical Activity Certification within one month.

Broome County Health Office · 225 Front Street, Binghamton, New York 13905
Phone: (607) 778-3930 · Fax: (607) 778-2838 · broomecountyny.gov/hd

This achievement marks a significant milestone, as Ink and Graphic Daycare is the first daycare in Broome County to receive this recognition.

Director Sarah Franco-Nevarez shared, “We are incredibly proud to be the first daycare in Broome County to earn this certification. Our goal is to ensure that every child in our care has the opportunity to move, play, and grow in a healthy and supportive environment.”

CHSC is a five-year initiative funded by the New York State Department of Health to establish and support healthy behaviors in high-needs communities. The New York State Department of Health Division of Chronic Disease Prevention implements evidence-based, evidenced-informed, and innovative public health strategies in order to support New Yorkers to live healthier lives and eliminate health disparities by reducing the incidence and burden of chronic diseases and conditions For more information, visit https://www.health.ny.gov/prevention/obesity/prevention_activities/chsc/

-END-