

Helping Low-Income Families Eat Healthy and Be Active A Step in the Right Direction!



Walk, run, play – get your feet moving!

Learn how to enhance nutrition education and inspire families to be more active. OC partners will share ideas, resources and information to help families be more physically active where they live, work and play.

What will you learn?

Participants will be able to:

- 1) Describe how nutrition education can be enhanced by promoting walking as a low cost, effective form of physical activity throughout the lifespan.
- 2) Identify at least three low or no cost resources that promote physical activity.
- 3) Demonstrate at least two activities that promote movement at school, home or work.

Who should attend?

- Network contractors
- School, after school and community staff
- Parents
- Other partners who need ideas and help with physical activity promotion to families



Wednesday
September 1, 2010
8 a.m. – 12:30 p.m.

Location:

Jerome Center

726 S. Center St.

Santa Ana, CA 92704

Major cross streets: Raitt St. and McFadden Ave.

No access to Center St. from McFadden Ave.

From Raitt: W on Monta Vista S on Center	From McFadden: N on Sullivan E on Monta Vista S on Center
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(Next to Monte Vista Elementary)

No Cost – Free Parking
RSVP or register at event

For more information contact:

Frank J. Hernández

Physical Activity Specialist

Network for a Healthy California–Orange County Region

(714) 796-8022

fhernandez@ochca.com