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**Livingston County  
Health Center**

## **Back to School Bonanza Coming Up August 13th**

### **Obesity Prevention Project Hosts Event for Kids K-5**

July 16, 2009: As a project of a the county-wide Obesity Prevention Project, Livingston County Health Center, University of Missouri Extension, Grand River YMCA and Hedrick Medical Center will host the “Back to School Bonanza” on Thursday, August 13th from 4-6 p.m. at the North Gym of the YMCA.

The event is designed to combat obesity by empowering parents and kids to learn to make healthy lifestyle choices in the areas of nutrition, physical activity, and “screen time” or time spent in front of a computer, television or video game.

Several organizations will have booths at the event, including Hedrick Medical Center Rehabilitation & Occupational Health, who will administer the Peabody Motor Skills Test; several sign-ups for organizations such as Girl & Boy Scouts and 4-H; local eye doctors featuring fun vision-related activities; Chillicothe Fire Department, Chillicothe Police Department and Livingston County Sheriff’s Office will all be on hand with vehicles for kids to check out; Smokey the Bear will be advocating fire safety and many more local organizations will be represented. The bonanza will also feature a Bicycle Rodeo in the parking lot with a bicycle giveaway donated by Tour of Missouri, so kids bring your bikes!

Students will have the opportunity to receive free school supplies donated by local businesses and organizations by visiting various booths.

Donations of school supplies or monetary donations to purchase supplies are being requested now. Anyone interested in donating can call Jessica Trussell at 646-0811 or mail their donation to the University of Missouri Extension Office at 409 Washington Street in Chillicothe. Checks should be made payable to MU Extension.

“We’re excited to able to offer this great opportunity for the kids in Livingston County,” said Jessica Trussell, University of Missouri Extension. “The response from the community to plan and participate has been wonderful. Our Obesity Prevention Project hopes to offer more opportunities for families to learn more about healthy behaviors in the future.”

**For Immediate Release**

Kindergarten through fifth grade students and their parents are encouraged to attend this fun event, there is no fee for admission and everyone is welcomed.

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