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**Livingston County
Health Center**

Food, Fun & Fitness Festival Coming Up May 5th

Obesity Prevention Project to Sponsor Health Expo Event for Preschool Age Kids

April 25, 2011: As a project of a county Obesity Prevention Project, Livingston County Health Center, Parents as Teachers, University Extension and Diapers & Diplomas will host the second "Food, Fun & Fitness Festival" on Thursday, May 5th from 4:30-6:30 p.m. at the Jenkins Expo Center.

The educational expo is designed to combat obesity by empowering parents to teach their children 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. The event will also feature activities which encourage growth and development.

Several organizations will have booths at the event, including Hedrick Medical Center, Head Start, Grand River YMCA and University of Missouri Extension. Booth activities include milk mustache pictures, snacks, exercise demonstrations, developmental games and giveaways.

Participants can sign up to win prizes which encourage physical activity, including various CDs, equipment and games received through a grant written by Pam Miller of Diapers & Diplomas.

"The percentage of overweight children has soared to epidemic proportions in the past 20 years, with about 18 percent of kids now affected.," said Mary Taylor, RN at the health center. "Our Obesity Prevention Project is collaborating with local organizations to educate and encourage as many parents and kids as possible regarding the importance of healthy lifestyle choices."

Preschool aged children and younger are encouraged to attend this fun event, there is no fee for admission and everyone is welcomed.

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For Immediate Release