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**Livingston County
Health Center**

Food, Fun & Fitness Festival Coming Up May 5th

Health Center, Parents as Teachers and Diapers & Diplomas to Sponsor Event for Preschool Age Kids

April 29, 2009: As a project of a county Obesity Prevention Project, Livingston County Health Center, Parents as Teachers and Diapers & Diplomas will host its first "Food, Fun & Fitness Festival" on Tuesday, May 5th from 4-6 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, the 40 Assets Project, Grand River YMCA and University of Missouri Extension. Booth activities include milk mustache pictures, face painting, storytelling, snacks, exercise demonstrations, developmental games and giveaways.

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

"We see more and more evidence of an obesity problem among this age group," 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