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CITY OF EAST PALO ALTO

PRESS RELEASE

FOR IMMEDIATE RELEASE 8/10/07 **CONTACT: Pam I Reliford (650) 853-5928**

EPA a City on the Move…

Sponsors Health Expo & Cultural Fair and

17th Annual Children's Day Festival

East Palo Alto: An explosion of international culture, the Health Expo & Cultural Fest and the 17th Annual Children's Day festival will take place at Costaño School, 2695 Fordham Street, East Palo Alto on Saturday, September 29, 2007 from 11:00 am to 4:00 pm.

Hosted by the EPA Community Health Roundtable together with the East Palo Alto Children's Day Committee, the event will feature free educational seminars, entertainment for the whole family, fitness and healthy food demonstrations and a Mini Farmers Market.

"Over 25 partners have been working hard to bring a series of activities to help our community develop healthier lifestyles," said Councilmember Ruben Abricá, Chair of the EPA Community Health Roundtable.

"We are looking forward to expanding this event with the 17th Annual Children's Day festival filled with fun, free games, arts & crafts and free lunch for youth under 12," added Jennifer Jackson, Chair of the East Palo Alto Children's Day Committee.

For teens, activities will include a health spa, Jacob's ladder and Laser Tag. Adults and seniors can participate in a variety of health and diet tutorials, including fitness, meal and snack food demonstrations.

Entertainment will include local ethnic dance and music groups representing the Pacific Islands, Black America, Africa, Mexico, and others. FREE health screenings will also be provided by the Ravenswood Family Health Center.

Workshops will focus on family health and fitness. Featured topics include physical activities, Asthma, diet & nutrition, plus youth, teen and senior health. The City of East Palo Alto will host workshops and discussion groups about its open space and bike & walk trails. The EPA First Friday Women's Club along with Collective Roots will host a discussion group on access to food. Several workshops will feature Spanish-speaking instructors along with Spanish language materials.

A partial list of Health & community partners serving East Palo Alto (EPA) include: EPA Asthma Task Force, Get Fit EPA, EPA Mental Health Task Force, EPA Library, East Palo Alto Children's Day in the Park Committee, Ravenswood Family Health Center, EPA Senior Center, Inc., San Mateo County, City of East Palo Alto, Lucile Packard Children's Hospital at Stanford , Breathe California, Ravenswood Youth Athletic Association, Boys & Girls Club of the Peninsula, Lifelong Fitness Alliance, Kaiser Permanente, OICW, IKEA, Palo Alto Weekly, County of San Mateo, Junior League of Palo Alto-Mid Peninsula, Regional Asthma Management and Prevention Initiative (RAMP), American Lung Association of the East Bay, Palo Alto Medical Foundation for Health Care, El Concilio, One East Palo Alto, EPA Family YMCA, and the East Palo Alto Farmers Market Organizing Committee and others.

For more information and how to get involved, please contact Pamela Reliford, Recreation Services Supervisor, at (650) 853-5907.

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