Where We Eat, Live and Learn:

Sustaining the Health for Our Generations

Celebrate Latino Health Awareness Month - September 2009

You can make changes to improve the health of your family and community. Learn ways to eat better, be more active and sustain the health of our generations.

Join the Fun!

- Rethink your Drink Learn how to read a nutrition label
- Families Powering Up Try fun physical activities and play as a family
- Salsa Garden Learn how to grow your own ingredients for salsa
- Smoothie Bike Use pedal power to make a delicious healthy smoothie
- Move to the Beat Enjoy a Latino dance demo and learn dance steps
- Champions for Change Meet OC Champion Moms and learn how you can become a Champion for Change in your community.
- · And much more!





Saturday, September 26 10 a.m. – 2 p.m.

Santiago Canyon College Orange Education Center

1465 North Batavia St Orange, CA 92867

Hosted by:

Network for a Healthy California—Latino Campaign Santiago Canyon College Orange Education Center

With support from:

- Anaheim Indoor Marketplace
- Coastal Communities Hospital
- Clinica Medica de Salud
- Corona Dance Studio
- Community Action Partnership of OC
- County of Orange Health Care Agency
- Dairy Council of California
- OC Champion Moms
- Network for a Healthy California
 - Children's Power Play! Campaign
 - Retail Program
 - Worksite Program

For more information contact:

Maria Rosas (714) 899-3684 ext. 5311