



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE PUBLICATION

April 27, 2006

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IT'S HOW WE LIVE! LAKESIDE CELEBRATES SAFE, HEALTHY LIFESTYLES

Free Community Fair Scheduled at Lindo Lake Park on April 29

WHO: Dianne Jacob, Second District County Supervisor
County Department of Parks and Recreation
County Health and Human Services Agency
County Sheriff's Department

WHAT: An interactive community festival for children, families, adults, and seniors. A great excuse to get outside, see a cooking demonstration, climb a rock wall, hula hoop, or bowl with coconuts ... plus have an opportunity to win Padres tickets or a brand new bicycle

WHEN: 10 a.m. to 2 p.m.
Saturday, April 29, 2006

WHERE: The Ballfield at Lindo Lake Park,
9841 Vine Street, Lakeside 92040

WHY: With diabetes, obesity, and cardiovascular disease reaching epidemic status, people need to invest in their health, be active, and know how to be safe for a great quality of life. The County of San Diego's Health and Human Services Agency, Department of Parks and Recreation, and Sheriff's Department have teamed up to sponsor an interactive community festival called "It's How We Live!"

Exhibitors will actively engage visitors in games, educational activities, cooking demonstrations, and safety demonstrations along a Path to Health. County Supervisor Dianne Jacob will talk about her commitment to health, safety, and regular physical activity, and kids of all ages are sure to enjoy the rock wall, free smoothie samples, and a visit with McGruff the Crime Dog. Prizes such as Padres tickets, a new bike, and personal training sessions will be given away throughout the event.

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