



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

April 28, 2006

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FREE COMMUNITY FAIR IN LAKESIDE PROMOTES HEALTHY LIFESTYLES

"It's How We Live!" Event at Lindo Lake Park April 29 Includes Activities, Health Screenings and More

The County of San Diego's Health and Human Services Agency (HHS), Parks and Recreation Department, and Sheriff's Department will host a free, interactive community festival called "It's How We Live!" at Lindo Lake County Park in Lakeside on Saturday, April 29, from 10 a.m. to 2 p.m. More than 700 people are expected to attend.

Second District County Supervisor Dianne Jacob, who has helped communities throughout East County build and improve recreational facilities, will speak at the event about the strong connection between physical activity, health, and community safety.

"Being involved in sports and physical activity is great for kids," Supervisor Jacob said. "It makes them healthy and strong; it teaches them team building and leadership skills; and it keeps them out of trouble. And that's good for the whole community."

The festival will feature more than 40 exhibitors, most of whom will offer interactive games or demonstrations to show how being healthy can be easy, fun, and affordable. Health screenings, safety demonstrations, and fitness tests will be available at no charge, and kids of all ages will enjoy the rock wall, cooking demonstrations, free smoothie samples, and a visit with McGruff the Crime Dog.

Students from Lakeside Middle School, El Capitan High School, and the Lakeside REC Club will have a leadership role in "It's How We Live!" providing resources on stopping violence, giving an anti-drug "stomp" performance on stage, and serving as volunteers and emcees for the event. San Diego Padres tickets, a new bike, personal training sessions, and many other prizes will be given away throughout the event.

For more information, call (619) 515-6940.

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