



COUNTY OF SAN DIEGO NEWS RELEASE

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FREE COMMUNITY FAIR IN SPRING VALLEY PROMOTES HEALTH

"It's How We Live!" Event at Spring Valley Park and Community Center Includes Activities, Screenings

The County of San Diego Health and Human Services Agency (HHSA) and County Parks and Recreation Department will host a free, interactive community festival called "It's How We Live!" at Spring Valley Park and Community Center in Spring Valley on Saturday, Sept. 23, from 10 a.m. to 2 p.m.

The event, now in its second year, invites guests to follow a "Path to Health," visiting booths and participating in healthy, fun activities to collect stamps in a passport. Guests who fill their passport with stamps are eligible for prizes such as bikes, skateboards, and other sports equipment. Other featured activities include a rock climbing wall, a "nutrition decathlon," face painting, live entertainment, and healthy cooking demonstrations. Pedometers, Frisbees, and cookbooks will be given away.

"These days we hear a lot about the bad things that can happen if you don't eat right and exercise," said Nancy Bowen, M.D., San Diego County Public Health Officer. "It's How We Live' puts healthy nutrition and physical activity in a positive spotlight. It's designed to show people that being healthy doesn't have to cost a fortune or take too much time, and isn't a chore."

More than 40 exhibitors will also participate in the event, and 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, as well as hearing screenings for children ages 3 to 5, developmental screenings for kids, dental screenings, Body Mass Index (BMI) testing, and more.

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

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