



University of Nevada
Cooperative Extension

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Healthy Kids Festival slated for September

September is National Childhood Obesity Awareness Month

In celebration of Childhood Obesity Awareness Month, the third annual Healthy Kids Festival will take place on Saturday, September 27, 2014. The festival is sponsored by University of Nevada Cooperative Extension's **All 4 Kids**® Program and Clark County Parks and Recreation Department. The free festival, open to families, will be held from 10 a.m. to 2 p.m. at Paradise Park located at 4775 McLeod Dr., Las Vegas, Nev.

The event provides children and their families with information about healthy eating and healthy activity choices while raising awareness about childhood obesity issues within our community. Parents and families can engage in a day filled with fun activities and healthy eating demonstrations, music and entertainment, sports exhibitions, games, and more.

Last year's event presented childhood obesity awareness and prevention to nearly 1600 attendees. A day full of fun and entertainment is anticipated for everyone. Healthy food tastings, sport sign-ups, and other fun ways to be active are just some of the activities. Children will dance, play soccer, try Zumba and see Karate demonstrations and learn how to grow their own foods.

First Lady Michelle Obama's Let's Move Program is an initiative that begins with the child, the families and the school; then extends to the community, local and national government. Educating children at a young age will provide them with tools to make healthier choices and engage in active lifestyles throughout life.

Reaching out and empowering families of young children is key to the success of healthy living. Parents and families are invited to learn how to support and model positive and healthy eating habits, and to adopt physical activity in their young children's daily routines.

For more information about the Healthy Kids Festival, call 702-948-5942 or email all_4_kids@unce.unr.edu.

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Photo Cutline: Activities at the 2013 Healthy Kids Festival. Healthy Kids Festival Flyer.
Photos courtesy of Cindi Kay Morehead.

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Founded in 1874 as Nevada's land-grant university, the University of Nevada, Reno ranks in the top tier of best national universities. With nearly 19,000 students, the University is driven to contribute a culture of student success, world-improving research and outreach that enhances communities and business. Part of the Nevada System of Higher Education, the University has the system's largest research program and is home to the state's medical school. With outreach and education programs in all Nevada counties and

home to one of the largest study-abroad consortiums, the University extends across the state and around the world. For more information, visit www.unr.edu.

Contact: Marilyn Ming

Marketing/Public Relations Specialist
University of Nevada Cooperative Extension

mingm@unce.unr.edu

702-257-5516

www.unce.unr.edu