



COUNTY OF SAN DIEGO

MEDIA ADVISORY

FOR IMMEDIATE RELEASE

March 29, 2007

Contact: Carey Riccitelli (760) 740-4130

Cell (760) 207-8532

MEDIA ADVISORY

COUNTY PROGRAM PLANS FITNESS FAIR FOR DISABLED CHILDREN

Spring Break Activity Focuses on Nutrition, Physical Activity for Families

- WHO:** County of San Diego California Children Services (CCS), San Diego South Medical Therapy Unit Staff
Children of the San Diego South Medical Therapy Unit and their families
Community members
Dr. Gloria Sotelo, Latino 5-a-Day Program
- WHAT:** Disabled children from the San Diego South Medical Therapy Unit and their parents and siblings will participate in a *Family Fitness Fair* organized by CCS occupational and physical therapists. Nutrition and fitness presentations given by community-based agencies will be provided to parents while the children participate in recreational activities such as parachute games, handcycle rides and wheelchair relays. In addition, families will be treated to healthy refreshments along with the opportunity to visit display tables for information on community resources. Approximately 100 participants are expected to attend.
- WHEN:** 2:30 – 4:30 PM
Monday, April 2, 2007
- WHERE:** San Diego South Medical Therapy Unit- Room 206
Gompers High School, East Campus
1110 Carolina Lane, San Diego CA 92102
- WHY:** The California Children Services Medical Therapy Unit is a special program of the County of San Diego Health and Human Services Agency that provides occupational therapy and physical therapy for children with eligible conditions such as cerebral palsy, spina bifida, muscular dystrophy and spinal cord injuries. This particular Medical Therapy Unit serves primarily Latino families, which statistics show have higher rates of childhood obesity and related conditions such as Type II Diabetes, than the general population. The *Family Fitness Fair* is an opportunity to engage community partners in promoting health and wellness to CCS clients and their families.

###