



COUNTY OF SAN DIEGO NEWS RELEASE

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“IT’S HOW WE LIVE” EVENT EMPHASIZES HEALTHY LIFESTYLES, NUTRITION *Mountain Empire Wellness Fair Features Events, Exhibits for the Family*

The County of San Diego Health and Human Services Agency (HHSA) and Mountain Empire School District Wellness Council have teamed up with health organizations and community partners to offer "It's How We Live"/Mountain Empire Wellness Fair for Families, a free and fun health event on Thursday, May 22nd from 5 to 7 p.m. at Mountain Empire High School, 3305 Buckman Springs Road, Pine Valley.

The event, offered for the third year, is designed to foster healthier school environments in the Mountain Empire School District, to enhance overall student well being. Activities include the Mountain Empire Creative Arts Council's "Art of Healthy Living" art contest; prizes will be awarded to student participants.

A variety of health and safety information will be available to children and adults, and there will be games and entertainment to emphasize the benefits of good nutrition and exercise, including a rock climbing wall, Astro-jump, and live music. Free healthy snacks and drinks will be offered, as well as various health screenings for the entire family. Raffle prizes will include mountain bikes and other athletic equipment.

Exhibitors include: San Diego County Parks and Recreation, Southern Indian Health Council, Mountain Empire Collaborative, Mountain Health and Community Services, Mountain Empire area Fire and Sheriff's departments, and various community agencies. Event sponsors include HHSA, Golden Acorn Casino, Campo Kiwanis, and Mountain Health and Community Services.

For more information, please contact Dr. Laurie Mitchell, (619) 787-0002.

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