



NEWS RELEASE

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Contact: Sarah Gordon 619-595-4513

IT'S HOW WE LIVE! FESTIVALS MAKE HEALTH FUN ***Family Day in the Park Set for Lakeside April 2, Spring Valley April 30***

Families are encouraged to stretch their legs in a day of fitness and fun at this year's *It's How We Live! Family Day in the Park* health festivals in Lakeside and Spring Valley.

The sixth-annual neighborhood events are hosted by the San Diego County Department of Parks and Recreation and the County Health and Human Services Agency, with the County Commission on Children, Youth and Families and the Promises2Kids Foundation joining to sponsor the Spring Valley festival.

The festivals offer an invigorating line-up. Besides sampling nutritious food and taking in healthy cooking demos, festival participants can get free health screenings, including body fat analyses and dental screenings. Experts will offer exercise and injury prevention tips, while a DJ and dance performances build positive vibes.

Prizes and giveaways will include pedometers and cookbooks. A climbing wall, crafts, games and inflatable jumps will engage and energize kids.

New this year: a "Green Zone" with hands-on activities and a focus on topics like recycling and energy efficiency to keep our environment healthy as well.

The Lakeside festival will run from 9 a.m. to 1 p.m. on Saturday, April 2, at Lindo Lake Park, 9841 Vine St. It follows the Lakeside Union School District's "Run for the Arts" fun-run and walk.

The Spring Valley event is from 9:30 a.m. to 1:30 p.m. on Saturday, April 30, at Spring Valley Park, 8735 Jamacha Blvd. For the first time this year, the Spring Valley festival begins with a one-mile Family Fun Walk in support of Child Abuse Prevention Month. In 2010 there were over 74,000 calls to the County's child abuse hotline, and the walk is intended to raise awareness of the issue while families enjoy a healthy activity together.

Parking and admission are free at both festivals. For more information, please visit www.sdparks.org.

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