

Please Join Us!

5TH ANNUAL PHYSICAL ACTIVITY & NUTRITION FORUM



The Power of Urban Interventions: Moving a Generation Friday, June 4, 2010

8:30 am – 4:00 pm

Laney College • 900 Fallon Street • Oakland, California

-Presented by-

The Network for a Healthy California-Bay Area Region
and The American Diabetes Association

In this free, day-long “coming together,” participants will gain a solid understanding of:

- Why early nutrition and physical activity interventions are even more critical in tough times
- Proven strategies to increase physical activity in diverse, urban settings
- How to replicate stand-out physical activity and diabetes interventions in your community
- How the New National Physical Activity Plan will impact Bay Area public health

MORNING PLENARY

- ▶ **Antronette K. Yancey, MD, MD, MPH**, Co-Director, Center for Health Equity, UCLA School of Public Health
- ▶ **Jill Vialet**, President/Founder Playworks
- ▶ **Lydia Tinajero-Deck, MD, MPH**, Co-Director, Healthy Hearts Program, Children’s Hospital, Oakland

TWO TRACKS - 6 AFTERNOON INTENSIVE CLASSES

- ▶ **Track I: ADA University** – Features physician panels on new diabetes interventions, nutrition classes, cooking demos and advice on raising diabetic youth in a fast-food culture.
- ▶ **Track II: Physical Activity University** – Features award-winning PA programming, cities tout their urban best practices and the real science behind PA and brain function, mini PA classes.

Finale! Experience the film everyone’s talking about!

“Nourishing the Kids of Katrina” with Filmmaker Robert Lee Grant, PhD.

Dress to MOVE! Lunch will be provided. Registration opens in May

To register, click here or visit the following site:

http://www.barnn.org/d_meeting_registration.asp

For more information contact: Carmen Bogan, Bay Area Region Physical Activity Coordinator at paforum10@pacbell.net



This material was produced by the California Department of Public Health’s Network for a Healthy California with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

