

Festival makes health fun

Family Day in the Park Set for Spring Valley Park on April 30

Families are encouraged to stretch their legs in a day of fitness and fun at the sixth-annual It's How We Live! Family Day in the Park health festival in Spring Valley.

This year's event promises an invigorating line-up of activities, entertainment and giveaways. Besides sampling nutritious food and taking in healthy cooking demos, 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.

And for the first time, the event kicks off 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.

Participants can register for the walk online at <http://8196.bbcust.com/page.aspx?pid=358> or at 9 a.m. on day of the event.

The festival is from 9:30 a.m. to 1:30 p.m. on Saturday, April 30, at Spring Valley Park, 8735 Jamacha Boulevard.

The event is hosted by the San Diego County Department

of Parks and Recreation, the County Health and Human Services Agency, the County Commission on Children, Youth and Families and the Promises2Kids Foundation. Parking and admission are free. For more information, please visit www.sdparcs.org.