



[El Nido Health Fair Photos 2013](#)

El Nido Family Centers Celebrated Healthy Living

*With Interactive Health Fair for Toddlers and Teen Parents in South Los Angeles~
Featuring Fun, Food, Facts, Screenings*

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(Los Angeles, CA) El Nido proudly presented a most successful First Annual Health Fair at its South Los Angeles site located at 2152 W. Manchester Ave, Los Angeles, CA 90047. Over 250 individuals including; Early Head Start families, Teen Parents, neighbors and El Nido supporters attended the private, interactive health fair that promoted healthy living through physical, mental, emotional, and environmental health.

“Our first El Nido Health Fair was aimed at building strong families and strengthening our commitment in South Los Angeles. We really made sure that this was a happy experience as we believe it was important to put the “fun” in the goal of the day,” stated Monica Rogan, El Nido Executive Board Member and 2013 Health Fair Chairperson.

El Nido graciously thanks all of its generous sponsors and vendors for making the day a healthy success. Activities and sponsors included:

- **La Kings Ice Crew:** The promotions team for the Stanley Cup Champion LA Kings was on site with great Kings’ prizes, and Kings’ autographed merchandise. Plus there was a customized mobile hockey unit, equipped with a portable hockey rink, inflatable puck shoot, sticks and prizes.
- **Galaxy Star Squad:** The interactive team handed out free Galaxy merchandise! They also brought an awesome inflatable soccer activity.
- **Kaiser Permanente:** Adults were able to receive free screenings from Kaiser’s Health Mobile
- **Tree People:** Youth were able to see a demonstration of the value of trees in our ecosystem
- **Community Health Councils, Inc.:** Families learned about Managed Health Care
- **Healthy Treats:** our friends at **Nestle** and **Dryer’s** provided water and yummy ice cream treats. **Hang 10 Tacos** served up healthy taco alternatives to the hungry crowds. **Food Forward** donated fresh-picked grapefruit and oranges and **Whole Foods** provided recyclable bags and product.
- Plus there were fitness demos led by **Mario Sanchez**; yoga classes taught by **Green Tea Yoga**; and Deb Glasser, MS, RD, dietician and Emily Burson, RD, owner and founder of **School Nutrition Plus**, provided expert dietary advice while answering valuable client questions.
- Other health services included Kaiser Permanente Watts Counseling and Learning Center, and South Bay Family Health Care
- Toddlers spent hours frolicking on El Nido’s specially designed playscape area, while young children enjoyed old favorites like jump rope, hula hoop, and coordination games.

ABOUT EL NIDO FAMILY CENTERS

El Nido Family Centers (www.elnidofamilycenters.org) is a 501(c) 3, non-profit organization founded in 1925. Last year El Nido served over 10,000 children, youth and family members with its child abuse prevention and treatment, youth development, teen parenting, and parent education programs in Los Angeles County.

For more press information, [El Nido Health Fair Photos 2013](#) and post interviews with clients on the value of the day, contact Elaine Doran, Doran Public Relations, 818.238.9005 or email elaine@eldoranpr.com.

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