



Get Fit EPA Campaign Launch

Save the Date: Saturday, October 15th

Get Fit EPA is launching a campaign to encourage residents of East Palo Alto and the Belle Haven section of Menlo Park to eat right, exercise more, and stay healthy. To show our community how much fun fitness can be, we're presenting the "Get Fit EPA Field Day," with activities for all ages and an ethnic cook-off.

The message of Get Fit EPA is simple:

- Eat fresh, nourishing food from the earth
- Drink lots of water
- Exercise: play sports, dance or do anything that *moves* you

The result: you'll feel better, and live longer.

Mark your calendar now – you won't want to miss this special event happening October 15th, right here in East Palo Alto.

For more information, check our website: www.ravenswoodfhc.org. We'll keep you up to date on all the details.

Get Fit EPA Partner Organizations

Boys & Girls Club
 City of East Palo Alto
 Community Services / Recreation
 Collective Roots
 El Concilio
 Junior League of the Mid-Peninsula
 Lucile Packard Children's Hospital
 New Perspectives
 Nuestra Casa
 One East Palo Alto
 Palo Alto Medical Foundation
 Ravenswood Family Health Center
 Ravenswood City School District
 San Mateo County Health Services
 YMCA

Four Groups of Community Stakeholders

