

FORCE OF HOPE ECONOMIC DEVELOPMENT CORP.

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Press Release

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FOR IMMEDIATE RELEASE
9 A.M. PDT, April 4, 2008

HEALTH & WELLNESS DAY "CELEBRATION OF HEALTHY EATING & LIVING"

LOS ANGELES, CALIFORNIA, APRIL 4, 2008:

Beginning 10:00 AM Saturday 3rd May, **FORCE OF HOPE EDC** will kick-off the first annual **Health & Wellness Day: Body & Soul "Celebration Of Healthy Eating & Living"** event for families and individuals. The "Celebration" will include fun for everyone; including children's activities, FREE Health & Wellness Check-ups, FREE Fresh Fruits & Vegetables Samplers, Healthy Food Preparation Demonstrations and Samples, Healthy Menus and Recipes, and Health & Wellness Workshop Forums. **Workshop Forums** are brief sessions, which are designed for open exchange discussion with question and answers format covering a variety of topics important for those seeking solutions to challenges of healthcare, nutrition and wellness. The Celebration Of Healthy Eating & Living is a community service event in partnership with Kaiser Permanente, Angel Food Ministries, L.A. Care Health Plan, Trader Joe's, American Cancer Society, Care 1st Health Plan and Jamba Juice. Admission is FREE and all are welcome.

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The Honorable Mayor of the City of Carson, James Dear will be present for a brief presentation; and the Honorable Mayor of the City of Lancaster, Bishop Henry Hearn will be present to discuss Infant Mortality Awareness and Prevention. Other forum topics will be facilitated by doctors and healthcare and nutritional professionals scheduled throughout the event. Health & Wellness gifts and prizes will be awarded to guests in attendance. All individuals and family members are encouraged to join the **Celebration Of Healthy Eating & Living** for a day of fun, food and forums for sharing great opportunities to obtain information and free advice regarding a healthy lifestyle.

Health & Wellness Body & Soul: Celebration Of Healthy Eating & Living Event and Forums are scheduled to begin promptly at 10:00am through 3:00pm Pacific Daylight Time on Saturday May 3rd at the FORCE OF HOPE EDC located at 20920 Chico Street, Carson, CA 90746. The **FORCE OF HOPE EDC** is the vision of Clarence E. McClendon, Ph.D. who serves as Chairman Emeritus.

For more information and event details visit the website <http://ForceOfHope.org> and select the Calendar of Events Page to download an event flyer, or e-mail GoodHealth@ForceOfHope.org for inquiries. You may also call 310.323.2600 extension 116 between 9:00am until 5:00pm PDT Monday through Friday or e-mail Fstokes@ForceOfHope.org. **Workshop Forum** seating is limited.

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