

HANDS ON HEALTH

HEALTH ACTIVITY NUTRITION DIVERSITY



EVENT OVERVIEW

What does healthy living look like on the Central Coast? October 30th and 31st, 2009 Cal Poly and the Emerging STRIDE Center will host the first annual HANDS on Health (Health, Activity, Nutrition and Diversity) event. HANDS collaborative event invites members from the entire community to investigate health this upcoming fall.

Held at the San Luis Obispo Cal Poly campus and Performing Arts Center, HANDS on Health will host two days of festivities highlighting health, activity, nutrition, and diversity in an interactive, fun and entertaining atmosphere. Partners for this event include area hospitals, medical organizations, various non-profit agencies, county offices of education and other educational agencies, foundations, private businesses and concerned citizens.

This year's regional event is expected to bring together more than 5,000 participants over the course of two days with programming that welcomes both English and Spanish speakers. Thanks to the generous donations of numerous Central Coast sponsors, HANDS on Health plans to offer health assessments and screenings without cost to attendees and all are encouraged to join in the fun and learning.

Leading up to HANDS on Health are various projects and special community-wide events. A poster contest sponsored by HEAL-SLO, is already underway. Students from the entire county will have their posters displayed during HANDS on Health. "Film for Thought" film week will show specially selected films to precede the weekend's activities. Also involved will be "Chef's Touch" restaurant week where local chefs and farms will feature exceptional healthy meals in anticipation of a healthy weekend at the Cal Poly campus.

Friday's events will showcase national and local research that expands our understanding of human health for an audience of educators, medical professionals, students and scientists.

Saturday will focus on individual, family, and community health featuring exhibits, workshops, educational booths, music (Big Daddy's Blues Band), food and activities. Participants can expect to taste new recipes, watch cooking demonstrations, have access to free dental screening, check their blood pressure, get screened for risk factors and more.

Organizations across the coast are committed to making this event a success. Individuals of any age, location, and health background throughout the entire Central Coast are encouraged to partake in the festivities at HANDS on Health.

HANDS ON HEALTH GOALS:

- » Showcase university faculty and students' expertise regarding healthy living across the lifespan
- » Feature Central Coast community and university efforts to promote hands-on-health habits
- » Expose all members from the Central Coast to national-level research and thinking
- » Provide interactive and fun opportunities for members from the Central Coast community to learn about Health, Activity, Nutrition, and Diversity
- » Share community resources and improve the health of all Central Coast residents regardless of socioeconomic strata
- » Help build a stronger bond between Cal Poly and the entire Central Coast



STRIDE

CULTIVATING
HEALTHY HABITS
FOR HEALTHY FUTURES