



African American Community Health Advisory Committee
A partnership with Mills-Peninsula Health Services

presents:

Off to a good start

Physical activity and nutrition kick-off event

Register early – space is limited!
Wear comfortable clothing and shoes



Saturday, Feb. 3, 2007
9:30 a.m. – 1 p.m.

San Mateo Senior Center
2645 Alameda de las Pulgas, San Mateo



KEYNOTE SPEAKER

Antronette K. Yancey, M.D., MPH

Dr. Yancey is an associate professor in the Department of Health Services, UCLA School of Public Health, who has done extensive research in chronic disease prevention and

adolescent health promotion. She has served as director of public health in Richmond, VA, and director of Chronic Disease Prevention and Health Promotion for Los Angeles County. Dr. Yancey was instrumental in the development of the **Lift Off! 10-Minute Physical Activity Breaks** project. This innovative program aims to engage people in routine physical activity in the workplace. Results of the Lift Off! program show that captive audiences may be engaged in brief bouts of exercise as a part of the workday, regardless of physical activity level or stage of change. Dr. Yancey is also a poet/spoken word artist who has been published in journals and newspapers.

Come and sample various forms of exercise – get charged up to keep moving all year long!

For more information and to register, call **(650) 347-5724**

PROGRAM

9:30 a.m.	Continental breakfast, resource tables
10 a.m. – noon	Program and nutrition demonstration
12:15 – 1 p.m.	Exercise demonstration and lunch

PROGRAM PARTNERS

- Mills-Peninsula Health Services
- City of San Mateo Park and Recreation Program

*** Health information resources will be available ***
*** Event not recommended for children under 12 ***