

---

---

**Press Release**

**NEWS**

*Burlington County*  
*Board of Chosen Freeholders*  
*Mount Holly, NJ 08060*  
*Office of Public Information*  
*Phone 609-265-5028/Fax 609-265-5151*  
*www.co.burlington.nj.us*



FOR IMMEDIATE RELEASE

Wednesday, October 12, 2010

CONTACT: Elfrieda Francis  
(609) 265-5548

OR: Mary Anne Reinhart  
(609) 351-0293

**7<sup>th</sup> ANNUAL YOUTH SUMMIT TO BE HELD OCTOBER 23<sup>rd</sup> in Burlington City**

**Event Focuses on Healthy Choices That Lead To A Healthy Future**

The Burlington County Health Department and Community Partnership for Healthy Adolescents will hold its Seventh Annual Youth Summit from 10:30 AM to 1:45 PM on Saturday, October 23, 2010, at the Riverfront YMCA in Burlington City.

This free event, for young people ages 10 to 14, offers up a dose of fun with some sound health and fitness advice.

Meghan Modica, Dietitian from ShopRite of Medford will be the keynote speaker. Meghan will be presenting on healthy eating habits, noting that youth can often be victims of unhealthy eating due to their ever growing appetites. Meghan will discuss different nutrition topics including reading food labels, controlling portion size and eating for energy.

A balanced diet along with an active lifestyle can help youth maintain a healthy weight and avoid diet-related diseases such as: heart disease, high cholesterol, high blood pressure and adult-onset diabetes.

The summit will also feature interactive workshops such as: Cool Dance Moves (toning); Boot Camp 101 (strength); and Yoga (stretch).

*-more-*

**PRESS RELEASE: Youth Summit – 10/12/10 – Add One**

Registration is limited to the first 100 youth. All youth must pre-register by Tuesday, October 19th. Refreshments will be provided and prizes will be given out such as gift cards, backpacks with goodies, Regal Movie Theatre and Philadelphia Zoo passes.

For more information, contact Healthy Adolescent Coordinator Elfrieda Francis at the Burlington County Health Department at (609) 265-5548.

###