PRESS RELEASE

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Contact: Sasheika Eugent
Community & Public Relations Specialist
(954) 288-5161

BROWARD COLLEGE STUDENTS GIVE A LESSON IN NUTRITION TO LOCAL FOSTER TEENS FOR THE HOLIDAYS

PLANTATION, FL – Local foster care teens get a lesson in nutrition and healthy food preparation from Broward College nutrition students. The college's nutrition students are fighting obesity by spreading the word about healthy food selection while giving back for the holiday season. The students will share personal stories of how diet changes have improved their life and will provide a healthy and nutritious holiday meal at an upcoming workshop for local foster care teens

According to Florida Department of Health, approximately 60 percent of overweight children have at least one risk factor for cardiovascular disease such as high blood pressure or high cholesterol. Donna DiMarco, nutrition professor said that her class is eager to share the knowledge they have learned throughout the semester with local foster teens. "The timing to offer this workshop is perfect because we are sharing important information during the season when most make poor food choices," said Donna. Michael Stephens, ChildNet's Independent Living Supervisor, is also excited about the upcoming workshop. "The students will be presenting to teenagers that will be transitioning to living on their own very soon, when healthy food preparation is critical," notes Michael. As the Independent Living Supervisor, his team works closely with foster care teens and provides services and workshops to ensure a smooth transition to self-sufficiency as adults.

If you are interested in covering this story, contact Sasheika Eugent at (954) 288-5161.

A Lesson In Nutrition for Transitioning Youth
Saturday, December 13, 2008
Tigertail Lake Center
580 Gulfstream Way
Dania Beach, FL 33004

ChildNet is the private, not for profit organization selected by the state through a competitive process to serve as the local Community Based Care lead agency. As the lead agency, ChildNet manages the local system of services and supports for Broward's abused, abandoned and neglected children and their caregivers. This system of care was developed with extensive input from local stakeholders and its effective implementation depends upon their continued support. For more information on ChildNet, visit the Web site at *www.ChildNet.us* or call (954) 414-6000.

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