

2009 Physical Activity & Nutrition Sharing Forum

B Active 2Gether



**Thursday,
July 30, 2009
8:00 am -12:30pm**

Behavioral Health
850 W. Foothill Blvd.
Corner of Foothill & Pepper
Rialto, CA 92376

**To register for event or
reserve an exhibitor's table,**
complete registration form &
return to:

Pamela Sampson
psampson@dph.sbcounty.gov
FAX: (909) 387-6899

For more information contact:
Pamela Sampson
San Bernardino County DPH
(909) 387-9144
or
Brianna Uhlhorn
Riverside County DPH
(951) 358-5311
buhlhorn@co.riverside.ca.us

Be Active 2Gether:

- Discover free/low cost community physical activity, nutrition & health assistance resources
- Experience physical activities for a variety of ages and abilities
- Learn about educational programs/resources/tools to assist in referring & encouraging physical activity to your patients, clients, health fair participants, students, or employees

Who should attend?

- DSHN members, health care providers, community educators, teachers, after school coordinators, pre-school leaders, employers and others wanting to increase and encourage physical activity participation levels amongst their target audiences

What to wear?

- Comfortable shoes recommended for participation in the physical activity demonstrations



For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer

