



# Come and Celebrate Fruit and Veggie Fest

The **NETWORK FOR A HEALTHY CALIFORNIA – DESERT SIERRA REGION**

Invites You to a Health Fair!

Come and receive tools and resources to learn how to be a  
**Champion for Change!**

## FREE Services Include:

- Basic glucose and blood pressure checks by California Medical Clinic
- Nutrition education for adults and children
- Hula hoop & jump rope activities
- Learn how to eat right when money's tight with a healthy low-cost recipe cooking demonstration
- And much more!

## For more information contact:

Maureen Medina at (909) 387-9196

Sponsor agencies:



**Saturday, May 16, 2009  
10:00am - 2:00pm**

**Cardenas Market #7  
16721 Valley Blvd.  
Fontana, CA 92335**



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