



Presents:

Health Week 2010

Schedule of Main Events

April 24, 2010: Open Ceremony- 8:00 am to 10:00 am

Antelope Valley Mall

There will be an Official Health Week Opening Ceremony presented by the Master of Ceremony Bill Warford of the Antelope Valley Press. Mr. Warford will lead the community in the first annual Walk for Wellness. The event is hosted by Antelope Valley Partners for Health, United Way, Antelope Valley Press, and Antelope Valley Mall.

May 1, 2010 Closing Ceremony-10:00 am to 2:00 pm

Clear Channel Stadium

Closing ceremony will be a day of fun and exciting activities. The morning will begin at 8:00 am at Clear Channel Stadium for the first annual Boulevard Mile Race. At 10:00 the Closing Ceremony will commence with presentations by city officials, local entertainment and a few surprises. Scheduled activities at the stadium will include a kid's fun area, mini workouts and clinics with Jet Hawk players, informational tables, a health fair, an appearance by the National Guard flying in a helicopter, raffle drawing for "Links to Health" bracelet program, and much more. The Jet Hawks will provide discounted tickets for that evening's game for all attendees. There will be a truck available to accept donations of clothing and household items. For every bag donated, the United We Mentor Program will receive \$1.25, so we encourage everyone to do their Spring Cleaning!

Ongoing Events through out the month of April 2010

Links to Health:

Links to Health is a bracelet program that was designed to reinforce healthy living. Throughout the community during the month of April, several businesses, parks, schools and community groups will be looking for people of all ages demonstrating healthy behavior. When these people are identified they will be provided with a bracelet. These bracelets will then be turned in at closing ceremonies on May 1, 2010 at Clear Channel Stadium for one raffle ticket per bracelet. Prizes will be raffled off throughout the ceremony on May 1st. The prizes consist of gift certificates, baskets, and other healthy prizes.

Community Events:

Antelope Valley Cities, Community Leaders, Businesses, Community Based Organizations, and Community Members have joined together to improve the health and Well being of the AV. There are many free services and events related to health that are being provided throughout the community. To get more information go to: <http://avhealth.blogspot.com>