

FOR IMMEDIATE RELEASE
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THE JUNIOR LEAGUE OF CORPUS CHRISTI, INC. FIGHTS CHILDHOOD OBESITY IN OUR COMMUNITY



On October 10, 2008 from 3pm to 6pm the Junior League of Corpus Christi will team up with The Fighting to Rid Gangs in American Foundation for the 4th annual Kids in the Kitchen event to be held at 2121 Mary St. (Corner of 19th and Mary St.) Corpus Christi, TX 78405. The students attending The Fighting to Rid Gangs in America Foundation after-school program will have the opportunity to experience some fun physical activity like Basketball and Self-Defense as well as learning about healthy choices in food.

Corpus Christi Junior Leagues' Kids in the Kitchen is an Association-wide initiative of The Association of Junior Leagues International (AJLI) designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. Launched in 2006 by Junior Leagues in over 225 communities in four countries, the program is now in its fourth year. Junior Leagues across the world and in our community are committed to improving the health of today's youth by empowering them to make choices that lead to healthy lifestyles. The initiative illustrates the power of voluntarism to address community needs on both the grassroots and international levels.

Educating both children and their families is key to reversing the trend toward increased levels of childhood obesity. The **Junior League of Corpus Christi's Kids in the Kitchen** initiative aims to make an impact in this area by educating the public at the grassroots level regarding solutions that they might adopt. The Junior League of Corpus Christi will provide lessons and demonstrations related to preparation of healthy meals and snacks that are both tasty and affordable.

The children in the after-school program of Fighting to Rid Gangs in America Foundation are invited to take part in this initiative. By teaming up with Fighting To Rid Gangs In America Foundation The Junior League of Corpus Christi can educate children in our community and begin to raise awareness. Fighting To Rid Gangs Foundation was established to address the countless needs of at-risk adolescents in the Coastal Bend. The Kids in the Kitchen event will have Basketball, Self-Defense, Fruit-Veggies and Snacks, Portion Control and a Cooking Demo. The education and influence of this event will help to reverse the growth of childhood obesity and its associated health issues in our community.

About the Junior League of Corpus Christi, Inc.

The Junior League of Corpus Christi, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

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