

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

February 19, 2016

Media Alert

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Tulare County Office of Education Announces:

500 Woodlake community members registered to participate in MyPlate Color Run tomorrow, February 20

9:00 – 11:30 a.m. · Castle Rock Elementary, 360 N. Castle Rock Rd., Woodlake

The Tulare County Office of Education's Nutrition Education Obesity Prevention Program, in partnership with the Woodlake Unified School District, the California Department of Public Health's Champions for Change program, the University of California Cooperative Extension and its CalFresh Nutrition Education program, the Tulare County Health & Human Services Agency, Family Healthcare Network, Kaweah Delta Health Care District, and FoodLink for Tulare County, has organized a healthy activities event for tomorrow morning at Castle Rock Elementary School in Woodlake. Limited to members of the Woodlake community, over 500 children and family members have registered to attend the first MyPlate Color Run.

After registration and instructions are given from 9:00 – 9:30 a.m., participants will be separated into groups to begin the run at designated stations. Children and their families

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will run from station to station, where they will stop, try a healthy snack, do a brief physical activity and then get “colored.” Event organizers will have a total of six stations set up for the fun run. Event organizers will provide various door prizes at the conclusion of the event.

For more information, please contact Robert Gonzales, principal at Castle Rock Elementary School, at (559) 564-8001.

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