



# PRESS RELEASE

COMMUNITY DEVELOPMENT COMMISSION OF THE COUNTY OF LOS ANGELES  
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FOR IMMEDIATE RELEASE

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## **SOUTH WHITTIER RESIDENTS LEARN THE TOOLS FOR A HEALTHIER LIFE AND SAFER COMMUNITY**

Resource Center's Healthy Living Fair Encouraged Residents to Increase Community Awareness and Promote Active, Healthy Living Through Good Nutrition and Preventative Care

South Whittier, April 13, 2013 - The Community Resource Center (CRC) hosted a Healthy Living Fair with 30 exhibitors from various County departments and local community-based organizations. The event's theme, *Protect, Empower, and Create a Healthy Community*, encouraged residents to increase their awareness of community safety and embrace their roles in ensuring that they live in an environment that promotes their well-being as well as that of their families, and the community.



*Children zumba with Instructor Maria Armenta.*

The event's exhibitors distributed information on nutrition, health and public safety and provided health screenings. The fair also featured food and garden demonstrations from the Network for Healthy California

(Champions for Change) and Home Depot. Union, Visión, Apoyo, Superación, a new community partner representing South Whittier mothers who advocate for the rights and resources of their autistic children, hosted a workshop presented by the East Los Angeles Regional Center on the detection of early signs and symptoms of autism.

The Fourth Supervisorial District, PIH Health, and CareMore Medical Enterprises sponsored the event. Los Angeles County Supervisor Don Knabe said, "Educating residents about health, safety, and preventive care is the foundation for enjoying a good quality of life and building a stronger community."



*Maria Gonzalez' blood pressure is checked by a representative of PIH Health.*

A project of the Community Development Commission of the County of Los Angeles (CDC), the CRC is funded by Supervisor Don Knabe of the Fourth District and works in collaboration with its onsite service providers to offer health, wellness, and educational programs for

families, seniors, and youth.

The CRC is located at 10750 Laurel Avenue in South Whittier. For information on services provided by the CRC, please call (562) 946-2425, or visit the website at [www.swcrc.org](http://www.swcrc.org). All media may contact Elisa Vásquez, CDC Public Information Officer, at (626) 586-1762.

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