



# PRESS RELEASE

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

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## LOCAL AGENCIES SUPPORT NATIONAL PUBLIC HEALTH WEEK BY HELPING CREATE A HEALTHIER COMMUNITY

### CRC Hosts its Annual Healthy Living Fair for Residents of Unincorporated Whittier



South Whittier, April 11, 2015

– In support of national public health week held April 6 - 12, the Community Resource Center (CRC) hosted their Annual Healthy Living Fair themed “*Improve Your Health – Strengthen Your Community.*”

The event encouraged residents to make healthier lifestyle choices that promote wellness by increasing physical activity, good nutrition, managing chronic diseases, and getting regular check-ups. Local partners networked together to provide information on vaccinations, nutrition, other health and wellness resources, and motor vehicle safety. Attendees took advantage of the health and spinal screenings offered by John Wesley

Community Health and Southern California University's Chiropractic College, and other educational resources as well as free giveaways.



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

“I’m glad to see that the local community organizations are united as a team to provide residents of Unincorporated Whittier with knowledge that can help them make educated decisions about their health that will support building a stronger community,” said Supervisor Don Knabe.

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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