



News Release

For Immediate Release
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Community Health Event Guarantees Fun and Fitness

*Health Summit in Newman, California to highlight
accomplishments promoting healthy lifestyles*

Stanislaus County, CA – Health care delivery in rural areas of California can be extremely challenging. Lack of facilities and resources, higher disease rates and lack of financial resources are all significant barriers. A four-year old task force on the west side of Stanislaus County and northern Merced County has been helping to plan for the future of the community and to bring health prevention programs that are greatly needed.

The West Side Health Care Advisory Task Force is presenting its third annual "Healthy Choices Summit" at the West Side Theatre, 1331 Main Street, in downtown Newman, California from 11 a.m. - 1 p.m. on Thursday, August 18. The Summit will feature the extremely lively "weigh-in" of the local biggest loser contest on a giant 10 - person scale under a massive balloon arch. The weigh-in starts at 11:15 a.m. Teams of ten people are battling for the title of "Biggest Loser" in an eight-week weight loss program. Last year, members from the Newman School District took the team title. The Health Summit will also feature vendor demonstrations, speakers and a free healthy box lunch. The Summit is free and open to the public. The keynote speakers will be Dr. John Walker, the Public Health Officer for Stanislaus County and Alyssa Epstein, Ph.D. and clinical psychologist at Emanuel Medical Center.

"We've been gaining ground in this battle for the health of our community," stated Jim DeMartini, a Stanislaus County Supervisor and the Chairman of the West Side Health Care Advisory Task Force. "But the work is far from done. Obesity, diabetes and heart disease are far too rampant on our community. We have to keep pressing forward in promoting healthy lifestyles."

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The Westside Healthcare Advisory Taskforce is a public/private consortium of interested healthcare proponents on the west side of Stanislaus County and northern Merced County.

The Communities of Gustine (Merced County), Newman, Patterson, and Crows Landing are actively participating in this on-going healthcare dialogue.

The mission of the Healthcare Advisory is to foster communication between westside healthcare providers and communities and to identify service gaps and potential opportunities to improve.

The advisory group is facilitated by Stanislaus County Supervisor Jim De Martini (Westside District Five) and meets on a bi-monthly basis rotating between Gustine, Newman, and Patterson.

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