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# News Release

For Immediate Release  
August 20, 2013

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## **West Side Ready to Battle** *Weight loss competition kicks off* *Thursday morning at 11:30 a.m. at large event.*

Stanislaus County, CA – One giant party means one healthier community for the west side of Stanislaus and northern Merced counties as the biggest losers prepare to battle.

**The West Side Health Care Task Force is presenting its fifth annual "Healthy Choices Summit" at the West Side Theatre, 1331 Main Street, in downtown Newman, California from 11:30 a.m. - 1 p.m. on Thursday, August 22.**

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 11:30 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 City of Patterson took the weight loss team title by shedding 75 pounds of body weight.

"Our mission is to promote a healthy lifestyle," stated Jim DeMartini, a Stanislaus County Supervisor and the Chairman of the West Side Health Care Task Force. "We continue to look for opportunities to improve education in our communities on the importance of staying healthy and eating right. Obesity, diabetes and heart disease continue to be a major concern. Together we can encourage each other toward a healthy and happier life"

The health summit will also feature vendor demonstrations, speakers and a free healthy box lunch.

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Keynote speaker, Dr. David Eibling, Medical Director of the Health Plan of San Joaquin, will be discussing the importance of staying fit and eating right. The Summit is free and open to the public.

The weigh-out for the Biggest Loser Contest will be held Thursday, October 17, 2013 at Patterson Unified School District offices located at 510 Keystone Blvd., Patterson, California. The weight-out will begin at 11:30 a.m.

The Westside Healthcare Task Force is a public/private consortium of interested healthcare proponents on the west side of Stanislaus County and northern Merced County including Gustine, Newman, Patterson, and Crows Landing. The mission of the Healthcare Task Force is to foster communication between west side healthcare providers and communities and to identify service gaps and potential opportunities to improve.

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

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