



CHIEF EXECUTIVE OFFICE

Stan Risen
Chief Executive Officer

Patricia Hill Thomas
Chief Operations Officer/
Assistant Executive Officer

Keith D. Boggs
Assistant Executive Officer

Jody Hayes
Assistant Executive Officer

1010 10th Street, Suite 6800, Modesto, CA 95354
Post Office Box 3404, Modesto, CA 95353-3404

Phone: 209.525.6333 Fax 209.544.6226

News Release

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Contact: Jim DeMartini
(209) 525-4470

Weight Loss Tradition Comes Back

*Weight loss competition kicks off at Health Summit in
Newman, California*

Stanislaus County, CA – The end of August signals the start of a regional tradition in Stanislaus and northern Merced counties as the biggest losers prepare to battle.

The West Side Health Care Task Force is presenting its seventh 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 20, 2015.

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 Patterson Health & Fitness took the weight loss team title by shedding 99 pounds of body weight.

"The ultimate goal is to promote good nutrition and healthy living," stated Jim DeMartini, the Stanislaus County Chairman of the Board and Chairman of the West Side Health Care Task Force. "We're trying to move the needle on obesity, diabetes, and heart disease. Our community is leading the way."

The health summit will also feature vendor demonstrations, speakers and a free healthy box lunch. Sandra J. Haar, FNP at Horizons Unlimited HealthCare, will be the keynote speaker. The Summit is free and open to the public.

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The weigh-out for the Biggest Loser Contest will be held Thursday, October 15, 2015, at in Gustine at a location to be determined.

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 DeMartini (District Five) and meets on a bi-monthly basis rotating between Gustine, Newman, and Patterson.

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