

For Immediate Release:

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# **Weight Loss Tradition Comes Back**

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

*Stanislaus County, CA* – The month of June 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 tenth annual "Healthy Choices Summit" at the West Side Theatre, 1331 Main Street, in downtown Newman, California from 4:30 – 6:30 p.m. on Thursday, June 14, 2018.**

The Summit will feature the extremely lively "weigh-in" of the local biggest loser contest on a **giant scale** under a massive balloon arch. The weigh-in starts at 4:30 p.m. Teams of five to ten people are battling for the title of "Biggest Loser" in an eight-week weight loss program. Last year, members from the Patterson Unified School District took the weight loss team title.

"Our goal is to make good nutrition and healthy living part of everyday life," stated Jim DeMartini, the Stanislaus County District 5 Supervisor and Chairman of the West Side Health Care Task Force. "We are committed to reducing obesity, diabetes, and heart disease in our local community."

Keynote speaker, Dr. Julie Vaishampayan Public Health Officer for Stanislaus County, will be discussing *Nutrition 101: Sustaining a Healthy Lifestyle*. The health summit will also feature vendor demonstrations, health videos and free healthy sandwiches provided. The Summit is free and open to the public.

The weigh-out for the Biggest Loser Contest will be held Thursday, August 19, 2018, in Gustine, California.

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 and meets on a bi-monthly basis rotating between Gustine, Newman, and Patterson.