

FREE and open to the general public. 10 am to 4 pm, Saturday, June 5, 2010 on the grounds of the Renaud Spirit Center (In the event of rain, some activities will move into the gym)

The concept for the event is to "show" the attendees how to "eat, play, and grow" their way into healthier lifestyles. Our goal is encourage people to "stay for the day" to grasp the full spectrum of possibilities and simple changes that are easily within reach even with our hectic lifestyles. Ultimately we want to build a network of citizen volunteers interested in making O'Fallon MO a healthier place to live..

Schedule of Events

Food Demonstration Tent - Le Cordon Bleu Culinary School will demonstrate how to make healthier versions of the foods we all know and love (ongoing from 11-3)

Educational Workshops: Two classrooms with concurrent sessions (from 10-4) Outside access to the event grounds.

Nutrition Tract: Multi-Purpose Room B

10:00 - 10:30 "Neighborhood Food Co-ops" - Tracy Gruener, Co-Founder of Communityhelpings.com

10:30- 11:30 "Kids and Obesity" Dr. Amy Grawey - Progress West Health Care Center

11:30 12:30 "Curbing the Diabetes Epidemic". Dr. Jyoti Kulkarni - Progress West Health Care Center

1:00 - 2:00 "Nutrition for Disease Prevention" - Mary Neely, RN, St. Charles County Dept. of Health and the Environment

2:00 -3:30 "Cook This, Eat That" Renaud Spirit Center Staff

Gardening Tract: Multi-Purpose Room A

10:00 – 11:00 "Successful Backyard Gardening" - Scott Killpack, Univ.of MO Extension

11:00 – 12:30 "Preserving your Garden Delights" - Linda Rellergert, Univ.of MO Extension

12:30 – 1:30 "Growing Community Gardens" (TBA)

Fitness demonstrations by personal trainers from the RSC will be ongoing throughout the event.

Health Screenings:In addition there will be a glucose screening, a blood drive, and hydrostatic body fat testing available.

Kids Zone: with Bounce House, Mt. Hope Hope Show Me Jumpers Jump AHA Jump Rope Team, FZSD Dawg Pound, face painting, sack races and other activities. Costumed characters will rove throughout the day for photo ops. . (think Fruit of the Loom)

Vendor Tent – All day 10 a.m. – 4 pm (Rented one giant tent, eliminating need for individual tents)

Confirmed Vendors and Non-Profit Organizations:

Non-Profits:

O'Fallon Farmers Market, St. Charles City-County Library District, St. Charles County Department of Health and the Environment, University of Missouri Extension, Operation Frontline, Slow Foods St. Louis, Renaud Spirit Center, Ft. Zumwalt Nutrition Services, Fort Zumwalt School Nurses Display, Progress West Health Care Center

Healthy Lifestyle Vendors: Orlando's Produce, Trader Joes, Sanford Brown Massage School, Maggie's Magic, True Fitness, Oregon Gold Coffee, Juice Plus, Embrace Health, Arbonne, O'Fallon Wellness Works, O'Fallon Wellness Connection

Easy Choices Food Court Vendors:
Subway, Smoothie King

Entertainment: Brad Hildebrand from KSLQ will be broadcasting live from the grounds of the Renaud Spirit Center (radio)

Marketing: Postcard to 8000 homes in 2 mile radius, Ft. Zumwalt School newsletter, Articles submitted by library staff writer, Robin Leach (TimeOff Magazine, O'Fallon Community News, St. Louis Women's Magazine, Suburban Journals, Gateway Gardener, The Healthy Planet, Sauce Magazine, St. Louis Post Dispatch Food Editor)

*Watch **Show Me St. Louis** on Friday June 4th. – Our LiveWell Expo Costumed characters will be outside the window promoting the event at the 3:30 broadcast.

Thanks to everyone who is participating to make this event a success for the O'Fallon Community. If you have any questions, comments or corrections about the information above, or know of others who would like to participate – there is still time - please let me know a.s.a.p. See you on June 5th! ~ Denise

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