



# LIVE WELL IN RIVERSIDE: Family Fun Fitness Day! Saturday July 18, 2009

## Center Stage

Ask Me~  Diabetes  
Please visit Novo Nordisk Booth

**Sensei Maria-Shozen Martial Arts @ YWCA**

**Patrick McCoy  
Prodigy~ Fitness & Nutrition**

**Eric Oliver~Knockout Boxing Fitness**

**Latino Cooking  
Chef Michael Gomez**

**Slow Cooking  
Chef Sureka Acharya**

**Columbian ~ Dancers**

## Activity

**Public Health Dept. Nutrition Service**

## Music

**DJ, Ricardo Gomez  
"Latino Music"-MOOzKit**

## Food Tasting

**El Pollo Loco**

**Schwans**

**Trader Joe's**

**Master of Ceremonies  
Luis Medina**

## Exhibitor Village

**Arlanza Family  
Health Center**  
Hemoglobin, Glucose and  
Blood Pressure Screenings

**Curves**

**Dr. Daniel Franco**  
Blood Pressure/  
Glucometer screenings

**El Pollo Loco**

**Eric Oliver~  
Knockout Boxing Fitness**

**Inland Empire Health  
Plan**

**Inland Agency WHI**

**Latino Cooking  
Chef Michael Gomez**

**Life Scan**

**Little Gym**

**LivHome**

**Michelle's Place**

**Patrick McCoy  
Prodigy-  
Fitness & Nutrition**

**Ask Me~Diabetes  
Novo Nordisk**

**Premier Service Bank**

**Public Health Dept. Nutrition  
Service-  
First Five**

**Riverside Community Health  
Foundation  
Community Outreach**

**Riverside County  
Public Health**

**Riverside  
Meals on Wheels**

**Riverside Medical Clinic  
Dr. Donald Childs**  
Pediatrics and Young Adults &  
Pediatric Endocrinology  
Blood Pressure/Blood Sugar  
Testing

**Dr. Elias F. Sanchez**  
Glucometer/Cholesterol  
Screenings

**\*Secure Horizons  
by United Healthcare**

**State Farm-  
Adolfo Saldana**

**Trader Joe's**

**Vantage Oncology**

**WEST COAST DENTAL**

**YWCA  
Martial Arts~  
Sensei Maria Shozen**

## Shamel Park

3650 Arlington Ave Riverside, CA 92506  
Come join in the fun - 9:00 a.m. to 2:00 p.m.  
**Free Parking** - Riverside Medical Clinic

Sponsored by:

