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**THE JUNIOR LEAGUE OF HARTFORD AND MY GYM PRESENT A CHILDHOOD OBESITY PREVENTION PROGRAM ON JANUARY 28, 2011**

WEST HARTFORD, CONNECTICUT (January 17, 2011) – Did you know there are an alarming number of overweight and obese children in the United States? These youth have increased chances of developing health problems such as Type 2 diabetes, high blood pressure and high cholesterol. Educating children and their families about proper nutrition is the first step in combating childhood obesity.

On January 28, 2011, the Junior League of Hartford and My Gym will host an event for the prevention of childhood obesity in our community. At the event, children and their families will learn about the importance of healthy eating and maintaining an active body. In addition, children will receive healthy winter snacks and have the opportunity to take part in educational craft activities.

This program will be held on **Friday, January 28, 2011, from 4:00pm-7:00pm at My Gym, 150 South Main Street, West Hartford, CT 06107.**

***About Kids in the Kitchen***

Kids in the Kitchen is an initiative of The Association of Junior Leagues International (AJLI) designed to help communities address the urgent issues surrounding childhood obesity and poor nutrition. Kids in the Kitchen is an interactive program that encourages youth to lead a healthy lifestyle. Programming includes instruction in proper nutrition, preparing recipes for healthy meals and snacks, as well as fitness tips.

***About The Junior League of Hartford, Inc.***

The Junior League of Hartford, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Since 1921, The Junior League of Hartford has been committed to making a difference in the greater Hartford community by assessing and identifying community needs, and then developing either direct programs or collaborations with other organizations and agencies to help meet those needs. More information can be found at [www.jlhartford.org](http://www.jlhartford.org).

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