



**JUNIOR LEAGUE OF
BOCA RATON**

Women building better communities

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CONTACT: Elysa Elk

561-866-1126

Elk992@bellsouth.net

**THE JUNIOR LEAGUE OF BOCA RATON PROMOTES HEALTHY EATING
WITH KIDS IN THE KITCHEN EVENT**

Delray Beach, FL- On Saturday, March 17, 2007 from 10 a.m.–1 p.m. The Junior League of Boca Raton (JLBR) will host the 2nd annual “Kids in the Kitchen” event located at the Naoma Donnelley Haggin Boys & Girls Club of Delray Beach 1451 SW 7th Street.

The JLBR’s “Kids in the Kitchen” program will focus on children ages 6-12 and will provide attendees with fun, creative, and easy lessons on eating healthy, staying fit and watching what you eat. The Junior League of Boca Raton is joining more than 200 other Junior Leagues in the United States and Canada who will also be participating in this event.

JLBR Event Chair Stephanie Shipley stated “there is a real need to encourage children to eat healthy. According to the Center for Disease Control and Prevention in the last thirty years, the number of overweight children has skyrocketed, and today more than 16% of young people ages 6-19 are overweight, and one third of children and adolescents are overweight or at risk of becoming so. We are proud that the JLBR is taking a proactive stance to encourage change.”

The event will include nutrition, exercise, and food stations complete with healthy snacks for everyone, and each child will leave with a goodie bag filled with toothbrushes, toothpaste, fresh fruit, a bottle of water, a nutrition booklet and other surprises.

Event sponsors include: Pepsi-Cola, Kings Grocery, Clif Bar, The Fresh Market, The Miami Dolphins, My Gym, Delray Toyota, Seasons 52 Restaurant, Capella’s Triple C Groves, and L.A. Fitness.

The event is free and open to the public for children ages 6-12 accompanied by a parent or guardian. Registration for the event is at 10 a.m. at the Boys & Girls Club in Delray

Beach, and space is limited. For more information please call 561-620-2553 or visit www.jlbr.org.

The Junior League of Boca Raton (JLBR) is an organization of women committed to promoting voluntarism, developing the potential of women and improving our community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Since 1971, the JLBR has been an integral part of our community. This year, JLBR members will contribute more than 35,000 volunteer hours locally and donate more than \$300,000 to the South Florida community. The Junior League of Boca Raton is part of the Association of Junior Leagues International, which is comprised of 293 Junior Leagues across the United States and in four countries.

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