

For immediate release:

Media contact: Deborah Busemeyer

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505-827-2619, 470-2290

Department of Health Sponsors Family Activities in Santa Fe for “Spread the Health Day”

Free bicycle helmets, healthy snacks and games provided

(Santa Fe) – Several public health and community programs will sponsor activities for parents and their children during “Spread the Health Day” from noon to 3 p.m. Thursday, May 13 at the Santa Fe County Health Office, 605 Letrado St., next to Salvador Perez Park.

The New Mexico Department of Health coordinated the community event, which includes healthy snacks, health education, music and stories, children’s games and free bicycle helmets.

- Department of Health Women, Infants and Children Program will have parachute games, nutrition trivia and a bean bag toss.
- Department of Health Children’s Medical Services and Broken Spoke’s Bikes for Kids Program will highlight bike safety and give away about 40 to 50 bicycle helmets to children at 2 p.m.
- Department of Health’s Healthy Families First/Primeros Pasos Program will offer finger painting, hop scotch and kickball and Frisbee in the park.
- United Way Pre-K and First Born Program will provide a story time and music for young children in a camping tent.
- New Mexico Team Nutrition will provide a healthy food demo at 1 p.m., including healthy snacks and free recipes. A nutritionist with Children Medical Service’s will also provide healthy snacks and a taste testing of healthy salads.
- Presbyterian Medical Services Headstart will have table activities for children, such as play dough, and information about the nonprofit’s programs as well as registration forms for Headstart.
- Women’s Health Services will provide information for women and teens and lead a meditation and breathing exercise.
- Santa Fe County Health Van will be parked at the event to offer screenings for adults.

“We hope that we can get parents and kids of all ages to come out and participate in these terrific activities – what better way is there to spend a springtime day in Santa Fe than having fun while exploring new ways to stay healthy,” said Jack Callaghan, director of the Department’s Public Health Division.