

WITTE MUSEUM

MEDIA CONTACTS

Shannon H. Standley: 210.357.1876

shannonstandley@wittemuseum.org

Jim Dalglish: 210.357.1870

jimd@wittemuseum.org

RELEASE DATE: May 6, 2009

Witte Museum Hosts Series of Three Junior Health Fairs May 9, 16 and 23

SAN ANTONIO— The Witte Museum is partnering with the American Diabetes Association, Methodist Healthcare Ministries and Border Media to raise awareness, educate and implement healthy lifestyles to families in the South, East and West sides of San Antonio through a series of three **Junior Health Fairs**.

On **May 9, Diabetes Awareness** allows visitors to learn more about the management and treatment of the disease. On **May 16, Physical Activity** focuses on the importance of living an active lifestyle and maintaining a healthy weight in the management of diabetes, while visitors learn how to incorporate more movement into daily routines. On **May 23, Nutrition** demonstrates healthy eating and cooking for the entire family. Visitors will learn how to integrate healthy eating into everyday life, identify healthier ways to prepare food and select appropriate portion sizes.

All Junior Health Fairs are included with museum admission. For more information call 210.357.1900 or visit www.wittemuseum.org.

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