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WITTE MUSEUM

FOR IMMEDIATE RELEASE

Movimiento Now: Grow Healthy

A day of commitment to and education of a healthy San Antonio.

8:30 a.m.-1:30 p.m., Sat., May 17

*****PHOTO OPP*****

Conga line with Samba dancers * belly dancing * yoga * Tai Chi

SAN ANTONIO—Help build a healthier San Antonio, one person or one family at a time! Living a healthy lifestyle means making careful and informed decisions on a daily basis. Join your community in a family wellness day at the **Witte Museum** for ***Movimiento Now: Grow Healthy***, a day celebrating health through fun and educational activities for the entire family **8:30 a.m.-1:30 p.m., Sat., May 17**. Free with museum admission.

Movimiento Now: Grow Healthy addresses nutrition, physical activity, energy, environmental concerns and healthy mind and spirit. Start the day prior to the museum opening! Bring binoculars for an 8:30 a.m. guided bird walk through Brackenridge Park, or bring a bike and join a guided family bike ride or take Tai Chi on the front lawn at 9 a.m.

Once the museum opens at 10 a.m. a wide array of fun activities for the entire family begin including Zumba Fitness, a cardio demonstration to show how easy it is to get hooked on working out when it is an exhilarating good time; join a conga line with Samba San Antonio drummers and dancers as they how learning to dance can aid in getting fit; and The Synergy Studio will encourage a healthy lifestyle through a variety of classes and workshops including Nia, yoga and belly dancing. The San Antonio Park Police will explain how bicycling can be an easy, fun way to get in shape and Blue Star Bike Shop will hold a workshop on how to properly change a bicycle's flat tire; and don't miss H-E-Buddy, the loveable H-E-B mascot who educates children to make healthy decisions.

Additionally, the Edgewood Family Network will discuss dangers in the community that come from environmental exposure such as prenatal exposure, asthma triggers and lead exposure; the San Antonio Metropolitan Health District will explain the facts of preconception care; and South Central Area Health Education Center (AHEC) will give an overview of health careers and show how choosing a career that is suitable to each person is an important component of leading a happy, healthy life.

The San Antonio Food Bank will share the importance about the benefits of not only eating fruits and vegetables, but also growing them at home; The 100 Monkey Club will spread the message of living the “monkey” lifestyle by playing, eating fruits and veggies, and moving like a monkey all in the intention of ending Type 2 Diabetes. Representatives from The University of Texas Health Science Center at San Antonio will be on hand to discuss eating healthy to promote heart health as well as dental hygiene and the importance of oral health.

The day concludes with an interactive community forum with experts where visitors can ask questions and give feedback. For more information call 210.357.1900 or visit www.wittmuseum.org.

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