



Partly cloudy,  
with weekend  
temps around  
70°

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## Museum Hosts Family Health Day

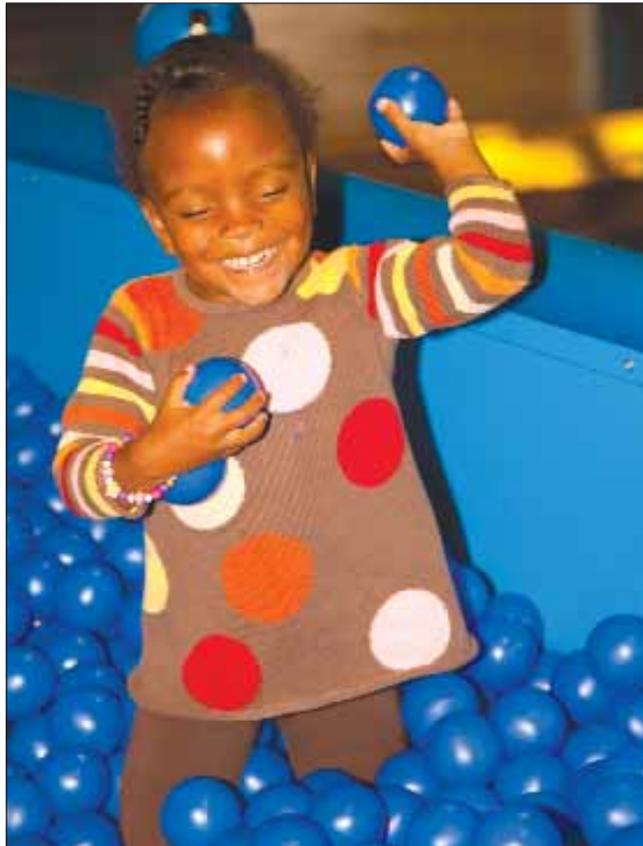


photo by Sheryl Wachtel

The Zimmer Children's Museum will host its first ever Family Health Day, a day of family health, nutrition and fitness, on Jan. 8, from 12:30 to 5:00 p.m. Program activities will include a presentation on household safety and baby seat safety from Children's Hospital of Los Angeles' Injury and Trauma Prevention Unit; a workshop on health and nutrition by a certified personal trainer and health fitness specialist of T.O.T. Fitness, Farrah Zweig; and an obstacle course work out routine with physical education instructor, Coach Corey.

Family Health Day is part of first lady Michelle Obama's national initiative to end childhood obesity within a generation. "Let's Move! is a comprehensive initiative dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. It is based on five pillars: creating a healthy start for children, empowering parents and caregivers, providing healthy food in schools, improving access to healthy and affordable foods, and increasing physical activity.

"This day will provide families with opportunities to learn about the importance of being healthy in many ways," said Belinda Vong, the Zimmer Museum's education programs manager. "Families will learn simple activities they can do with their children to keep their entire family healthy and safe ... and in a fun and interactive way. Though we are only offering this program one day a year, we hope that families will consider health, fitness, nutrition, wellness, and safety throughout the entire year."

The Zimmer Museum is located at 6505 Wilshire Boulevard. For information, call (323)761-8984.