



236 Auburn Avenue Box 9 Atlanta, GA 30303

June 28, 2016

FOR IMMEDIATE RELEASE

Contact: Dazia Fumbah, Executive Director

P: 470-257-2600 E: dazia@ourseedstomorrow.org

Our Seeds Tomorrow Hosts **Our Seeds Tomorrow Health Awareness**

Presented by Our Seeds tomorrow TV

As the Founder/ Executive Director for *Our Seeds Tomorrow*, I am proud to announce Our Annual premier children's educational event entitled **Our Seeds Tomorrow Back to School Health Awareness and Green Thumb** event. This free, event, for Atlanta school kids and parents includes a discussion about the importance of a healthy lifestyle. Elementary aged children will receive a free health screening will be provided for both children and parents.

We believe that for far too long, our children have been conditioned to making very poor health and dietary choices, hence, this innovative program seeks to shift the paradigm in such way that young people will slowly, but surely embrace and appreciate the importance of physical fitness and good nutritional habits; elements that are vital to our national security and overall healthcare expenditure trajectory as a state and nation. We believe that it would be a moral crime were we to sit very complacent in the mist a serious national health crisis and offer no alternative

Our Seeds Tomorrow Foundation has partner with the City of Decatur Active Living and has engaged the help of major sponsors to make this event successful. Among the premier sponsors of this event are the Atlanta Braves, Wal-Mart Foundation, DeKalb County Public Library, Mango's Restaurant, and the City of Decatur Parks and Recreation Center. This will be a fun-filled family event suitable for all ages.

What: This fundraiser is a free event and show for City of Decatur /DeKalb kids and parents, which includes lunch and a discussion about the importance of a healthy lifestyle.

When: **July 30, 2016: 9 a.m. – 2:00 p.m.**

- Health motivational speaker - 9:30 a.m. – 10:00 a.m.
- - Preventative Health Screenings 10:00 a.m. 11:30 p.m.
- Catered Lunch- 11:30 p.m. – 12:00 p.m.
- Panel Discussion: Poverty/ Clean Drinking Water/ Illiteracy
 - 12:00 p.m.-1:00 p.m.
- Yoga - 11:00 A.m. –
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Where: **EBESTER RECREATION CENTER 105 ELECTRIC AVE. DECATUR GA**

Who: Please contact Dazia Fumbah, Executive Director, at **404-257-2600** or dazia@ourseedstomorrow.org for more information or to RSVP or visit our website at www.ourseedstomorrow.org