



236 Auburn Avenue Box 9 Atlanta, GA 30303

July 15, 2018

FOR IMMEDIATE RELEASE

Contact: Dazia Fumbah, Executive Director

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Our Seeds Tomorrow Hosts
Our Seeds Tomorrow 5TH Annual 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 and support 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, Delta Airline, Wal-Mart Foundation, Georgia state university Andrew Young School of policy studies, DeKalb County Public Library, DeKalb Medical Hospital, Children Health care of Atlanta, Target, Kroger, Mango's Restaurant, Decatur Atlanta printing 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 28, 2018 Our Seeds Tomorrow Health Awareness Press Release**
July 28, 2018 Final 9 a.m. – 2: 00 p.m.

- **Opening** Yoga Physical excises/- 9:00 A.m. –
- Health motivational speaker - 9:30 a.m. – 10:00 a.m.
- Guest Speaker Lisa Rayam PBS Georgia public Broadcasting
- - Preventative Health Screenings 10:00 a.m. 11:30 p.m.
- Catered Lunch- 11:30 p.m. – 12:00 p.m.
- OST Cycling/ 5K Race presentation 12:30 – 1:00 pm

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 website at

www.ourseedstomorrow.org