



# RUTGERS

New Jersey Agricultural  
Experiment Station



---

## **- SAVE THE DATE -**

---

*Friday, December 12, 2008*

### **Children's Health Summit** *Fighting Back Against Childhood Obesity* *Holiday Inn of Toms River, Route 37*

The Family and Community Health Sciences (FCHS) Department of Rutgers Cooperative Extension (RCE), in partnership with Ocean County Health Department, are sponsoring a Children's Health Summit, focusing on understanding, preventing and treating childhood overweight and obesity.

Adult health problems, like diabetes, high blood pressure and high cholesterol, are quickly becoming realities for children. Overweight kids suffer emotionally, too, facing increased risks of suicide, depression, bullying and low self-esteem. Workshop speakers will discuss the issues, present the latest research and offer solutions for parents, teachers, coaches, health care providers, counselors, and all caring adults who work with children.

Breakfast and lunch refreshments will be provided. Continuing education credits will be available. For more information, contact *Joanne Kinsey, FCHS Educator of Ocean County* - 732.349.1247 , or visit [www.cpe.rutgers.edu/CHS](http://www.cpe.rutgers.edu/CHS).