



For Immediate Release
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RIVER OAK CENTER FOR CHILDREN CELEBRATES NATIONAL FAMILY WEEK 2009

SACRAMENTO, December 4, 2009 – In honor of President Obama’s proclamation of November 22 through November 29, 2009 as National Family Week, River Oak Center for Children hosted a Nutrition and Wellness Fair for children, teens, and families receiving services at the agency.

National Family Week is not only a celebration of the family unit but a call of action to the nation and its communities to take more responsibility for the care and development of all children. In anticipation of this national event, on November 19, 2009, River Oak held a Nutrition and Wellness Fair that was attended by 20 families. The evening included games and activities, nutritional meals, and cultural demonstrations. Each family who took part in the fair went home with a bag full of fruits and vegetables from Fresh Producers, Inc.

“As an agency interested in promoting both the mental and physical health of the children and families we serve, we were extremely pleased to host a Nutrition and Wellness Fair in honor of National Family Week,” said Laurie Clothier, Chief Operations Officer of River Oak. “We hope this event inspires families to continue making healthy choices in their diets and to pass these values on to their children.”

Since 1966, River Oak Center for Children (www.riveroak.org) has helped children and youth who need support, coaching, and treatment to thrive at school, at home, and in the community. Through evidence-based programs, River Oak strengthens close to 2,000 at-risk children and families each year to manage life’s challenges and achieve their full potential. River Oak provides resources and direct support to families, like the Nutrition and Wellness Fair and financial assistance to purchase fresh produce, through its Helping Hand Fund. For more information, please visit www.riveroak.org/HelpingHandFund.html.

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