



**JUNIOR LEAGUE OF
CHAMPAIGN-URBANA**
Women building better communities

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Press Release and Invitation to Cover

Junior League joins fight against childhood obesity

*Nearly one-third of children and adolescents in the United States are overweight or at risk of becoming overweight. Childhood obesity has been shown to be the leading cause of health issues including pediatric hypertension, Type II diabetes and coronary heart disease. **What is being done to remedy this growing epidemic?***

During national volunteer week, the Junior League of Champaign-Urbana, or JLCU, is proud to announce our **Junior Leagues' Kids in the Kitchen!** Created by the Association of Junior Leagues International, or AJLI, the primary objective of this program is to educate local communities. This education will help raise awareness and attempt to reverse the growth of childhood obesity and its associated health issues.

Locally, JLCU will host some students from Garden Hills Elementary School in Champaign as part of the international childhood obesity and nutrition education initiative. **What's on the agenda?** Junior League of Champaign-Urbana active member, Karla Kennedy-Hagan, PhD, RD, and fellow Junior League members will give an overview of healthy eating and nutrition. The session concludes with an opportunity for children and parents to work with Chef Jean-Louis Ledent, from the University of Illinois at Urbana-Champaign, in the kitchen preparing healthy snacks and taste testing!

Place: Bevier Hall at the University of Illinois
Date: Wednesday, April 26, 2006 from 12:45-2:30 p.m

Want to help? Want to sponsor? Have a ? Please contact Lori @ the above!

The event and solicitation of national and international partners is coordinated by the Association of Junior Leagues International Inc. We are one of 160 local Leagues who have already chosen to participate.

The Junior League of Champaign-Urbana (JLCU) is a charitable, non-profit organization of more than 400 trained women volunteers. As one of 293 members of the Associations of Junior Leagues International, the resources and influence of the JLCU extend beyond our local community – to state, national, and international levels. Locally, JLCU's current projects include League Locker, Reading Buddies, and Books by the Bushel/Headstart, and Done in a Day. Please see www.juniorleaguecu.org or contact Heidi Lynn Harrell at heidilynn11@yahoo.com.