

11th Annual



Why is health important?

Good health allows for proper growth and development. Even when an adolescent appears to have reached full growth potential, much development is still ongoing inside the body. Eating healthy, regular exercise, abstinence, tobacco and alcohol avoidance helps maintain a healthy lifestyle and reduces the risk of many chronic diseases, including heart disease, diabetes, arthritis, and some cancers.



This Youth Summit is presented by:



In conjunction with:

Congresswoman Corrine Brown
Representative Audrey Gibson
Representative Mia Jones
Councilman Reginald Brown



Sponsored by:



BlueCross BlueShield of Florida

An Independent Licensee of the Blue Cross and Blue Shield Association

The Women of Color Cultural Foundation, Inc., a non-profit 501c (3) is willing to collaborate with other community organizations to implement programs related to health, education and economic development. If you are interested in a partnership, please call (904) 635-5191.

Women of Color Cultural Foundation, Inc.
P. O. Box 43632
Jacksonville, FL 32203-3632
www.woccf.org

ace

Adolescents Choosing Excellence

Youth Summit

Move to Fit



Wednesday, July 28, 2010

9:00 am—3:00 pm

**Jacksonville Zoo and Gardens
Jacksonville, Florida**



Adolescents Choosing Excellence

ACE:Adolescents Choosing Excellence is an initiative to educate and energize youth from youth-based organizations, on becoming advocates for their health.

Goals:

- Fun event to equip youth to engage in positive lifestyles.
• Teach youth how to lead a healthy lifestyle by incorporating healthy eating, physical activity, abstinence, tobacco and alcohol avoidance, thus reducing risks for further health complications

Participants

- For pre-adolescents and adolescents ages 10 to 18 years
• Total of 10 participants per team
• Parent/Guardian involvement is highly recommended and encouraged



Summit Agenda

- Scavenger Hunt
• Making Healthy Choices
• "Hands-on" Activities
• Speak Out on Health
• Wealth for Health
• Lunch
• Youth Health Presentations (Contest)
• Interactive Activities
• "Snac-tivities"
• Awards Presentation
• Celebration



Contest Rules

Review these official Rules carefully. By entering into this contest or submitting any contest materials you automatically accept these official rules. Entries must be submitted with a completed entry form which includes name, address, zip code, daytime telephone number, email address and number in group, team application/registration. By entering, entrants acknowledge compliance with these official rules including all eligibility requirements. All entries become the property of the Women of Color Cultural Foundation, Inc. (WOCCF) and will not be returned. All entrants should receive his/her parent/legal guardian's permission and include his/her parent's/legal guardian's name and daytime telephone number on the official entry form.

Entry deadline:

All entries must be received or postmarked by 6:00 p.m., June 24, 2010.

By accepting the prize, winners consent to the use of their name, entry, photographs and or likenesses for advertising and publicity purposes without additional compensation (except where prohibited) by WOCCF for editorial purposes concerning this contest or succeeding contests. Also may be use for editorial publicity, special events and advertising purposes in connection with promoting Building a Healthy Community- Childhood Obesity Prevention/Women of Color Cultural Foundation, Inc., its products or succeeding contests.

Contact persons: Helen D. Jackson, Ph.D. at 904.635.5191
D. Jenipher Wiley at 904.891.8793

Registration Form

Name _____

Male Female T-Shirt Size ____

Address _____

City _____ Zip Code _____

Parent name _____

Phone (home) _____

Phone (cell) _____

E-mail _____

School _____

Youth Organization _____

Team Leader's Name _____

- Health Screenings
• Body Mass Index Screening
• Immunizations (Must bring shot records to the Zoo for Kindergarten and 7th Immunizations.)

Registration (includes admission to Zoo, Lunch, T-Shirt, workshops, scavenger hunt and more)

Return completed registration form to:

Women of Color Cultural Foundation, Inc.

c/o D. Jenipher Wiley

P, O, Box 43632

Jacksonville, Florida 32203-3632

Or

Register on-line @ www.woccf.org