



Press Release

FOR IMMEDIATE RELEASE

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Let's Play! Health & Fitness Carnival Set For Marian Park

The Houston Parks and Recreation Department is hosting a fun-filled day of sports and exercise at the Let's Play Health, Fitness, and Fun Youth Carnival. The event will take place at Marian Community Center, 11101 S. Gessner, Wednesday, July 30, 2008, from 10:00 a.m. to 1:00 p.m.

"Last year, over 1900 kids came to this event," said Joe Turner, Director, Houston Parks and Recreation Department. "We hope there will be even more this time. Who would want to miss the chance to play with their friends and learn the best sports skills around?"

Summer Enrichment Program registered youth will take part in sports activities ranging from flag football to golf, tennis, and soccer. HPARD's Healthy Kids Houston, a youth fitness program dedicated to teaching kids how to stay healthy, fit, and happy, will be on hand with fun ways to exercise and maintain healthy, fit bodies. Young athletes will learn the importance of keeping the various systems in their bodies functioning well.

Water slides, misting tents, snow cones and cold drinks will help beat the heat. Exhibitors will include Glaceau Vita Water and Cooperative Extension Services, and the Houston Public Library will be on hand with the Express Mobile Unit. Allied Waste will supply waste containers. The City of Houston Dental Bureau will be on hand distributing toothbrushes, toothpaste, and literature.

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All these activities will lead up to a talent show the kids will take part in, and programs from various community centers will be highlighted. Let's play!

For more information on the Let's Play Health, Fitness, and Fun Youth Carnival or the Houston Parks and Recreation Department, contact Estella Espinosa at (713) 865-4537 or go to www.houstonparks.org.