

# How do you get a teen

## To Eat Healthy and Stay Fit?



**ENGAGE THEIR PEERS  
AS PART OF THE  
SOLUTION!**

### Free Workshop: Working with Students To Improve Nutrition and Fitness

You will understand:

- ✚ Step-by-step design of a social-marketing/advocacy project
- ✚ Strategies to engage students to participate in every phase
- ✚ Resources to fund and sustain your project

Come to one of three hands-on workshops: (indicate date with X)

Oct. 8<sup>th</sup> (9 -3) – San Mateo County Office of Education

Oct. 16<sup>th</sup> (9-3) – Alameda County Office of Education

Oct. 22<sup>nd</sup> (9-3) – Galleria, Serramonte Center, Daly City

**Continental breakfast and lunch included**

**(First 100 registrants get a free tool kit including graphic and audio CDs)**

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**Registration:** Fax: 650-802-5622 (attention Linda Lau) or [LLau@smcoe.k12.ca.us](mailto:LLau@smcoe.k12.ca.us)

**Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**School/Agency:** \_\_\_\_\_

**PH#:** \_\_\_\_\_ **Email:** \_\_\_\_\_

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A project funded by The California Endowment through the SMCOE