



PUBLIC SERVICE ANNOUNCEMENT - FOR IMMEDIATE RELEASE

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***\$25,000 grant from Walmart supports childhood obesity program
and classes that encourage healthy living in Yakima County***

The Memorial Foundation has received a \$25,000 grant from the Walmart Foundation to support the ACT! Get Up, Get Moving! childhood obesity program *and* the Kohl's Healthy For Life program. Both of these community education and wellness programs have seen significant growth in the past few years as Yakima Valley Memorial Hospital works to reduce Yakima County's high rates of obesity and diabetes.

ACT! is an evidenced-based program offered through Memorial and the Yakima Valley YMCA that models nutrition recommendations and physical activities for families. The healthy lifestyle program is geared for overweight children and teens, ages 8-14, and their parents or guardians. Through the generous donation, Memorial plans to expand ACT! to reach 120 Hispanic children and their parents each year in the Lower Yakima Valley where no similar resources exist. ACT! will also continue to serve 136 children and parents annually in the Upper Yakima Valley.

The Kohl's Healthy for Life program provides community-based cooking classes to encourage healthy eating and nutrition, and drop-in fitness and exercise classes. The goal is to serve more than 7,000 participants each year.

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