

CHILDHOOD OBESITY - HEALTH SEMINAR - OCTOBER 19

GRAND ISLAND PROFESSIONAL WOMEN'S CHAPTER, NEW YORK STATE WOMEN, INC.

Childhood Obesity is the subject of the sixth annual Health Seminar sponsored by the Grand Island Professional Women's Chapter, New York State Women, Inc. It will be held at 6 p.m., Wednesday, October 19 at the Knights of Columbus Hall, 1841 Whitehaven Rd., Grand Island. Tickets are \$10 and include refreshments.

Speakers will be Phil Haberstro from the Wellness Institute and Caesandra Seawell, Youth Coordinator for WNET's LiveWell program. Haberstro will speak on the growing number of obese children and their health problems. Seawell will present a healthy cooking demonstration.

Seawell teaches healthy cooking for teenagers and adults at Sheehan Health Network's Community Farmers Market.

Diane Dinsmore, president of the Grand Island Professional Women's Chapter, said obesity has increased 30% in the last thirty years, and the Chapter wants to provide awareness of the problem and solutions.

"One of the reasons for the increase in children becoming obese is lack of activity. Children no longer go outside to play. They sit in front of the television or play video games," Dinsmore said.

"We can expect to see 65 million more obese people by 2030 at the rate we are going," Dinsmore added.

Health Seminar co-sponsors are Diversified Management Services, Lynch Park, Sam Long's Landscaping, First Niagara Bank and Key Bank.

According to Seawell, the best way to help people take control of their health is to teach them more about their bodies and the foods they eat.

Seawell's travels have exposed her to a variety of foods and she's learned to prepare meals from many cultures. She incorporates produce from local gardens into a seasonal menu.

She also has helped to design and build several community gardens here in Buffalo to help connect people with fresh fruit and vegetables.

The Health Seminar is held annually during national business women's week. Profits benefit the chapter's community projects and scholarship program.

To pre-register, contact President Dinsmore at 773 9184 or email her at dinsdggr@aol.com. The program is for men and children as well as for women.

