



FOR IMMEDIATE RELEASE
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**Health District and its partners urge Hispanic families to
¡Vive tu Vida! Get Up! Get Moving!**

LAS VEGAS – The Southern Nevada Health District and its community partners will join with the National Alliance for Hispanic Health to host ¡Vive tu Vida! Get Up! Get Moving! to be held this Sunday, Oct. 25, between 10 a.m. and 2 p.m. at the Clark County Government Center Amphitheater, 500 Grand Central Parkway. The event is free and open to the public. For additional information, contact the National Alliance for Hispanic Health at 1-866-SU FAMILIA or visit www.hispanichealth.org.

¡Vive tu Vida! is a family event to promote physical activities and healthy lifestyles. This is the second time the event has been held in Las Vegas. The event will feature free health screenings including blood pressure checks, low vision screening, and childhood lead poisoning screening as well as disease prevention information. Also a diabetes and cholesterol check lab test will be available for a \$5 fee.

This year, the “Artery Explorer” will offer attendees the chance to take a virtual tour of the heart to help illustrate the importance of cardiovascular health and ways to promote good heart health.

“This is an opportunity to help families live healthier lifestyles. Take a walk with your family, learn a new dance, there are many little steps that can make big differences in health,” said Dr. Jane L. Delgado, president and chief executive officer of the National Alliance for Hispanic Health.

“Preventive care is a key to good health and we are always looking for opportunities to provide information to members of the community so they can make good health choices,” said Dr. Lawrence Sands, Southern Nevada Health District chief health officer.

Games, music, dancing, soccer clinics, and community services will be available to attendees.

Presenting sponsors for this year’s event include the Southern Nevada Health District, the National Alliance for Hispanic Health, the Health Foundation for the Americas, AstraZeneca, UNIVISION, U.S. Soccer Foundation and the U.S. Tennis Association. As well as local sponsors including the City of Las Vegas, Clark County, El Tiempo, Recuerda, Radio Variedades, Puro Mexico, Mexico Vivo, Telemundo, Meadow Gold Dairy, Mahatma, Nevada Latino Peace Officer Association, Cox Communications and the Desert Conservation Program.