

You Can Help Kids

Learn How To Make Better Choices

By Sponsoring A Discovery Station

Discovery Station Sponsorships

\$25 - \$100:

Name acknowledged on web site

\$125 - \$450:

Above acknowledgement plus name in newsletter

\$500 - \$900:

All above acknowledgements plus name on Promotional Flyers, Posters, Stations at Event Sites, and in Press Releases

\$1,000 or More:

All above acknowledgements plus name on brochure

Help us expand our outreach

and educate more youth. Contact us today!

Thank you to our Program Sponsors

David Whitmire Hearst, Jr. Foundation

Don Lopez Family

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Your Connection to Prevention, Research, and Education

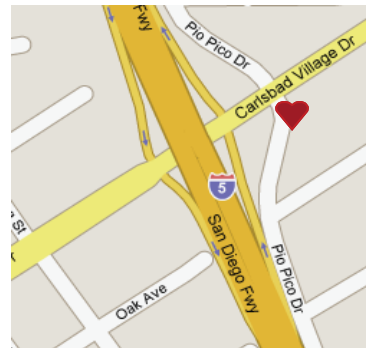


The Cardiovascular Disease Foundation

(CVDF) is a non-profit 501 (c)(3)

charitable organization

Our tax-ID is 05-0536041



3088 Pio Pico Drive, Suite 202

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Program Development Director: Tamara Urie



Your Connection to Prevention, Research, and Education

Healthy Habits, Healthy Kidssm



Be Smart,

Take Care of Your Heart!sm



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Program Mission

To promote heart healthy habits and physical activity among families, young children and teens through education and outreach while empowering adults to be good role models.



♥ Free Public Lectures

- Informative and interactive talks that focus on children, teens, families, and adults are given at community locations such as schools, child care and recreation centers, and businesses.
- These talks are free and are provided by certified nutritionists, dieticians, pediatricians, medical doctors, and personal trainers.
- Speakers address how healthy eating habits, physical activity, and lifestyle changes at a young age help prevent overweight issues reducing cardiovascular disease and diabetes.

♥ Student Mentors

- Trained pre-medical and nursing students engage children at schools and community centers as role models for healthy habits.
- Student mentors share life and school experiences, discussing nutrition, exercise, healthy habits, and making healthy lifestyle choices.



♥ Discovery Stations

- Discovery stations are set up at schools, community centers and fairs. Objects such as fake fat & fast food models, blood pressure cuffs, stethoscopes, and heart & lung models are provided allowing children a hands-on experience to play and learn.
- Children participate in fun and safe physical activities designed by athletic trainers.

♥ Resource to Community

- Articles, evaluations, tip sheets, and reading material for promoting heart healthy nutrition, physical activity and overall wellness are available at our public resource center.

♥ Community Partners

- CVDF continues to form working partnerships and consult with local agencies and organizations such as the Coalition on Children and Weight San Diego and the San Diego County Childhood Obesity Initiative, in order to implement, maintain, and improve wellness, nutrition, and physical education programs.