



For Immediate Release:

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**LA County Celebrates Public Health Week
With FREE Health Screenings**
Health Expo 2013: Thursday, April 4th

LOS ANGELES – The Los Angeles County Department of Public Health and the City of Los Angeles invite you to jump-start your new healthy lifestyle during National Public Health Week. Join us in celebrating this special week by attending Health Expo 2013. This year's FREE Health Expo will take place on Thursday, April 4th from 11:00 a.m. to 3:00 p.m. The event will be held at El Pueblo de Los Angeles Historical Monument (Olvera Street) located at 125 Paseo de la Plaza in Los Angeles, California.

FREE health screenings will be offered, including vision, dental, hearing, asthma, allergy, blood sugar, HIV and much more. We will also have over 40 agencies providing information, free giveaways, and an array of entertainment including live music by Mariachi Mi Tierra and pop violinist CARA- C, yoga, Zumba, and self-defense demonstrations and tips on staying healthy. If you can use help preparing a healthy meal that will keep your taste buds satisfied and your arteries clean, stop by the cooking demonstration and learn how easy it is to eat nutritiously. Help save lives by donating blood at the Children's Hospital mobile blood unit. Get the latest information on women's health, chronic diseases, immunizations, how to create a smoke-free home, lead poisoning, as well as other health-related topics. Los Angeles County resident who need help quitting smoking may obtain free nicotine replacement patches, while supplies last.

This year's Health Expo theme, "Empowering a Healthy Community," encourages everyone to make healthier choices. "Across the nation, festivities will be held to celebrate advancements in public health," said Jonathan E. Fielding, MD, MPH, Director of Public Health and Health Officer. "This is an opportunity to highlight the critical role public health plays in our communities on a day-to-day basis. We are at the forefront, inspecting your local restaurants to keep you safe from foodborne illnesses, encouraging families to stay up to date with their immunizations, and educating the community about healthy lifestyle choices regarding nutrition and exercise. Our goal is to create change."

For more information about Health Expo 2013, go to <http://www.publichealth.lacounty.gov/phweek/>.

The Department of Public Health is committed to protecting and improving the health of the nearly 10 million residents of Los Angeles County. Through a variety of programs, community partnerships and services, Public Health oversees environmental health, disease control, and community and family health. Public Health comprises nearly 4,000 employees and has an annual budget exceeding \$750 million. Learn more about Public Health and the work we do by visiting <http://www.publichealth.lacounty.gov>, visit our YouTube channel at <http://www.youtube.com/lapublichealth>, find us on Facebook at <http://www.facebook.com/lapublichealth>, or follow us on Twitter at @LAPublicHealth.

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