

### **Family Fun Night at the Boys & Girls Club of Laguna Beach**

Bring your family out for an evening of fun! On November 3<sup>rd</sup> from 5:30 to 7:00 pm the Boys & Girls Club of Laguna Beach will be hosting a FREE Family Fun Night event at their Main Branch located on Laguna Canyon Rd. The goal of the event is to provide an opportunity for parents and their children to be able to spend time together, having plain old fashioned fun!

As part of the Club's emphasis on teaching healthy habits, the Family Fun Night activities and dinner will promote nutrition, fitness and overall healthy lifestyles.

Taco Bell will kick off the evening by providing a fabulous dinner with selections from their new healthy alternative Fresco Menu. The new menu consist of a variety of food choices that are each under 9 grams of fat and include bean burritos, fresco soft tacos, and fresco crunchy tacos, packed with lettuce, salsa, and staples like ground beef and chicken.

After dinner, families will have the opportunity to compete for prizes in the Club's "BE Healthy Jeopardy" game, do the "Cha-Cha," and explore their health creatively with an art project.

As part of the evening's festivities the Club will honor the Woodard Family, who has been chosen to participate in Boys & Girls Clubs of America's Triple Play Fit Family Challenge. Triple Play is a three pronged approach to developing healthy lifestyles by learning about nutrition (Mind), being physically active (Body) and spending quality time together (Soul). Five families from all across the country will compete in a 6 week challenge to integrate healthy lifestyle choices into their daily lives. The Woodard's have been chosen by a national committee to represent the Boys & Girls Club of Laguna Beach! At the end of the six weeks, one family will be selected as the winner based on how much they were able to change their old habits into healthy habits. The winner will receive a cash prize for themselves and for their Boys & Girls Club. Pamela Estes,

IMMEDIATE PRESS RELEASE

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Executive Director for the Club stated, "We are so proud of the Woodard family and that they were selected to participate in this National Fit Family Challenge. The Club has worked very hard to instill healthy habits in our young people and we are so excited that the whole family has gotten involved in a new healthy lifestyle. When that happens, it takes the impact of what we are doing to a whole new life-changing level."

The Club hopes you will bring the family out to have fun and show your support for this incredibly dedicated family.

For more information please call Jasa at (949)494-2535x117.

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