

## **LACDMH TAKES PART IN MENDEZ HIGH SCHOOL HEALTH FAIR**

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The Los Angeles County Department of Mental Health (LACDMH) participated in the fourth annual health fair at Mendez High School. It was in partnership with Health Corps (a nonprofit founded by Dr. Mehmet Oz and his wife Lisa to combat childhood obesity) and the Active Alliance (a California-based partnership designed to educate and inspire children to become physically and mentally fit).

Students were encouraged to participate by hosting battle chef cooking demonstrations. The health fair event took place on Saturday, April 11, 2015. Students from Boyle Heights' high schools and surrounding schools met under the same roof for a day of health-focused activities such as yoga, Zumba, tai chi and mental resilience activities.

The event inspired students and family members from the Boyle Heights community through interactive, fun fitness, nutrition and mental resilience activities. Everyone at the fair also had the opportunity to meet the L.A. Lakers and Laker girls.

