

Hello,

Obesity is the fastest growing epidemic in the U.S. today and West Virginia is leading the way. There is no cure, only prevention. A new curriculum has been created and pilot tested in many states, as well as West Virginia's eastern panhandle. It is the **BodyWorks** program, a lifestyle/obesity prevention program for adolescent girls (ages 9-13) and their mother, grandparent or other significant adult. We'd like to tell you about the program and invite you to the **BodyWorks** training April 24, 2007 from 8:30 am to 4:30 pm at the WVU Student Recreation Center in Morgantown.

BodyWorks is a health education program designed to help participants improve family eating and activity habits. It focuses on parent role models and gives them hands-on tools to make small, specific behavior changes. A toolkit with a recipe book, food and activity journal, family DVD on shopping and cooking, and other valuable materials appeal to both the girls and their parents or caregivers.

BodyWorks has been a real success in Jefferson County and we would like your help to bring it to more West Virginia communities and families. We need your support - individuals to teach the program in their community, mothers and daughters to participate, and healthcare/education specialists to be role models.

- Please join us at the WVU Student Recreation Center on Tuesday, April 24, 2007 from 8:30 a.m. to 4:30 p.m. for the **BodyWorks** training. This is the only training opportunity in this region. It is limited to the first 20 individuals to register.

While this training and all program materials are free, we ask for your commitment to conduct at least one **BodyWorks** 10-week session in your community over the course of the next 12 months. Questions - feel free to call any of us. Information on **Body Works** is found at <http://www.4woman.gov/bodyworks/>. Please forward this communication to others who you think may be interested.

Contact Abby Dunbar to register at (304) 293-2796 ext 3448 or Abby.Dunbar@mail.wvu.edu .

Sincerely,

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