



Healthy Behaviors Conference

Healthy Behaviors Conference Newsletter

Dear Friends,

We invite you to join us for the Healthy Behaviors Conference, December 8-10, 2010 in San Diego, California. This conference will provide enhanced support and lead national K-12 educators in the out-of-school time field to promote healthy lifestyles for youth.

We look forward to seeing you and your team at the Healthy Behaviors Conference.

SUBMIT A WORKSHOP PROPOSAL

The Healthy Behaviors Conference includes the most notable professionals in the out-of-school time and after school field, the latest research and trends, and cutting edge topics and information to assist the field in increasing the quality of programming offered.

For more information on submitting a proposal, click [here](#).

CLICK [HERE](#) TO SUBMIT A WORKSHOP PROPOSAL.

Deadline to submit a workshop proposal has been extended to Thursday, September 16, 2010.

SPONSORSHIP OPPORTUNITIES

The Healthy Behaviors Conference offers a

REGISTER TO ATTEND

Registration is now open for the Healthy Behaviors Conference.

Register today! Early Bird Special ends Wednesday, August 31, 2010.

Early Bird Registration- \$275 per person
(Offers ends August 31, 2010)

Standard Registration- \$315 per person

For more detailed information on registration, please click [here](#).

CLICK HERE TO
REGISTER

HOTEL ACCOMMODATIONS

variety of marketing and sponsorship amenities designed to fit every style and budget. These proven marketing tactics will increase your visibility at the Healthy Behaviors Conference and improve your return on investment.

Click [here](#) to learn more about sponsorship opportunities.

20 WORST BEVERAGES IN AMERICA

Do you know what is in some of the beverages you purchase? Many drinks contain unhealthy ingredients such as high-fructose corn syrup and ascorbic acid.

Click [here](#) to view a list of beverages to keep out of your diet.



Bahia Resort
998 W. Mission Bay
Drive
San Diego, CA
92109
(858) 539-7700



Special Conference rate of \$129 per room per night, if reserved by November 8, 2010.

Click [here](#) to reserve your room today.

For more information on Hotel Accommodations, please click [here](#).

FAST FACTS

One quarter of U.S. children spend 4 hours or more watching television daily. (Department of Health and Human Services)

Children should engage in at least 60 minutes of physical activity daily. (Centers for Disease Control and Prevention).

KID FRIENDLY HEALTHY RECIPE

Chicken Tomatillo Salad

Ingredients

Dressing

- 1 cup husked and quartered tomatillos
- 3 tablespoons light Italian dressing
- 1 fresh Anaheim chili, seeded and chopped
- 1/3 teaspoon ground black pepper

Salad

- 2 cups chopped, cooked chicken or turkey
- 1 cup chopped red bell pepper
- 1 cup frozen corn thawed
- 1 cup chopped carrots
- 4 green onions, sliced
- 1/4 cup chopped fresh cilantro

Directions

1. In a blender or food processor container, puree tomatillos with dressing, Anaheim chili, and ground black pepper; set aside
2. Combine all salad ingredients in a large bowl and toss
3. Drizzle dressing over salad and toss well to coat

4. Cover and chill for 20 minutes or make a day ahead to allow flavors to blend.
5. Serve on lettuce-lined plates or bowls.

Recipe provided by Network for a Healthy California Champions for Change. Click [here](#) to view more recipes from the Network for a Healthy California.

We look forward to seeing you December 8-10, 2010 in San Diego, California. Stay updated by visiting our website, www.healthybehaviorsconference.org.



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