



FOR IMMEDIATE RELEASE
November 6, 2009

Contact: Janey Smith
Phone: 615-354-6454
Email: janey@s4af.org

Project HEALTH Presents A HEALTH Seminar

Fun, easy ways to lead a healthier, more active lifestyle

Nashville-Sports 4 All Foundation's (S4AF) Project HEALTH is pleased to announce the dates for the HEALTH Seminar. This year the event will be held Friday, November 20th from 1:00 p.m. to 3:00 p.m. and Saturday, November 21st from 10:00 a.m. to 12:00 p.m. in the Sports Science Building at Belmont University located on the corner of Belmont Boulevard and Delmar Avenue.

S4AF's mission: *to improve the quality of life of individuals with disabilities by providing funding, equipment, programming and education to enable full participation in sports and recreational activities.* Project HEALTH (Helping Every American Learn To be Healthy) is a program under Sports 4 All. It is a visiting physical education and health program for individuals with disabilities in Middle Tennessee. Project HEALTH provides fun, safe exercises along with rhythm, learning and social games through TRAP (The Rhythmic Arts Project).

The HEALTH Seminar is a collaboration between Project HEALTH and Belmont University Exercise Science students focusing on opportunities for ALL people to be healthy. The 20 minute long workshops include TRAP, adaptive exercises and yoga, and nutrition on a budget, which are components of Project HEALTH.

"Everyone is invited to join us for this fun, interactive event," Brett Peterson, Project HEALTH's Program Facilitator, said. "This is an opportunity to learn simple ways to live a healthier, more active life."

Sports 4 All Foundation accepts new and gently used donated sports equipment and puts it back into the community through collaborations with non-profits serving those with disabilities to improve their quality of life. S4AF has provided equipment and funding to 24 agencies in 15 counties serving over four thousand people with disabilities combined.

###

For more information contact: Waverly Ann Harris 615-354-6454