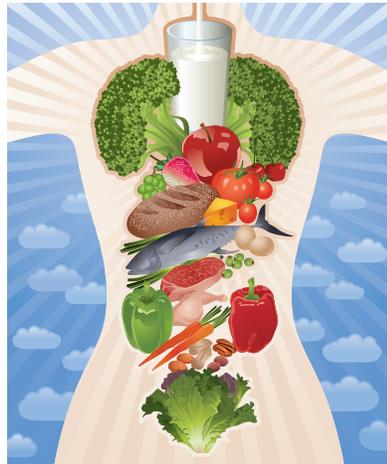


AFRICAN KIDS IN NEED presents



LIVING THE HEALTHY LIFE

CURRENT TRENDS IN DIET, NUTRITION, EXERCISE AND HEALTH

Sunday
February 21, 2010

Marymount High School
10643 West Sunset Blvd.
Los Angeles, CA 90077
(free parking on campus)

1:00- 5:00 pm

TICKETS

\$50 per person at the door
or at www.africankidsinneed.org

proceeds to benefit
African Kids In Need
providing education to children in
Kenya

FREE HEALTHY SNACKS & DRINKS

Please wear comfortable clothing
and sneakers
Must be 16 years of age or older to
attend

SCHEDULED PRESENTERS INCLUDE

LORI CORBIN, KABC Health and Fitness Reporter
ASHLEY KOFF, RD voted LA's #1 nutritionist by CITY SEARCH for three consecutive years; regular contributor on Good Morning America Health and the Huffington Post: **THE ANTI-INFLAMMATORY DIET: WHY WE NEED IT FOR OPTIMAL HEALTH AND HOW TO IMPLEMENT IT**
SORAM SINGH KHALSA, MD, Clinical Professor of Medicine, Southwest College of Naturopathic Medecine. Member of the medical staff, Cedars Sinai Hospital, Los Angeles : **THE VITAMIN D REVOLUTION**
JACKIE KELLER, nutrition and health expert, certified and licensed Wellness Coach, founding director of NutriFit, called Hollywood's Food Guru by In Style magazine, featured on the Today Show, Discovery Health, The Biggest Loser, Access Hollywood : **Nutrient Dense Meals-Maximizing Your Nutritional Health**
TRACY MALLET author "Sexy In Six", "Super Fit Mama", International Fitness and Lifestyle Expert, featured on the STYLE network, choreographer Dirty Dancing and Dancing With the Stars dvds
ROBERT DE LA RIVA: International Trainer: **KANGOO JUMPS**
DR. ROGER CLEMENS USC School of Pharmacy, Associate Director Regulatory Science : **FOOD AND MENTAL HEALTH**
DESI BARLETT M.S., CPT : Celebrity Yoga instructor, star of Better Belly Yoga **YOGA FOR YOUR CORE (BETTER BELLY)**
SEBASTIEN LAGREE, Celebrity Trainer, Founder Pilates Plus SPX: **DEBUT OF HIS NEWLY DESIGNED PILATES REFORMER**
MICHAEL CARSON Celebrity Trainer, DVD creator: **GET SEXY WORKOUT**

more presenters to be announced