

Para los niños



for the childRen



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**Healthy Choices for Moms, Kids, and Communities**  
*Champions for Change and Para Los Niños support Moms Helping Moms 5K*

**Los Angeles, CA** – Para Los Niños and Champions for Change invite you to join them for a 5K to support economic justice for all women, and address the need for greater open spaces and healthier lifestyles in the community. *Moms Helping Moms 5K* is on Saturday, May 11<sup>th</sup> at LA State Historic Park and welcomes all to run/walk/stroller/roll!

“We feel it is important for Para Los Niños to support the Moms Helping Moms 5K, because it speaks to what we represent as an organization as well as Champions for Change,” said Ani Tarpinian, Program Manager of Champions for Change at Para Los Niños. “A strong community is formed by supporting our parents and families and healthy activities like a 5K is a great step toward a healthier lifestyle.”

Educational resources on nutrition and sugar-sweetened beverage alternatives from Champions for Change will be available. The goal is for families and community members to learn about nutrition, the value it has on a child’s health, both physical and emotional, and its influence on the child’s ability to succeed.

The 2<sup>nd</sup> Annual Moms Helping Moms 5K Run/Walk. Sponsors include Aztlan Athletics, LLC, JOLT Sport, California State Parks, and Artic Apples. This year the event will donate proceeds to New Economics for Women (NEW), an organization for affordable housing for women and children overcoming domestic violence and homelessness and raise awareness to participants about NEW’s programs and services for single-parent moms.

The event will have food trucks, music, and entertainment throughout the day. Along with Para Los Niños, other wellness sponsors will have booths and giveaways in support of the day’s events.

For more information on how to register visit [momshelpingmomsrun.com](http://momshelpingmomsrun.com).

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*About Champions for Change:*

*The mission of the Champions for Change movement is to create innovative partnerships that empower low-income Californians to increase fruit and vegetable consumption, physical activity, and food security with the goal of preventing*



This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).

*obesity and other nutrition related chronic diseases. The Champions for Change Program is part of an ongoing effort to improve the health of families and communities in California, especially those that are at greater risk of obesity, high blood pressure, and type 2 diabetes. Champions include mothers, fathers, grandparents, athletes, youth, pastors, farmers, partners, physicians, and others who are vital to the statewide movement.*

*About Para Los Niños:*

*Founded on Skid Row in 1980, Para Los Niños provides education and wraparound support to over 6,000 of L.A.'s neediest children, youth, and families each year. PLN fosters pathways to success by striving for excellence in education, family support, and comprehensive social-emotional, and community based services.*

*Through early-education, tk-8<sup>th</sup> grade education, youth workforce services, and family and community services Para Los Niño's' model provides a comprehensive, holistic approach to break the cycle of poverty and help children and youth thrive.*

*Web: [paraloseninos.org](http://paraloseninos.org)*

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