



**FOR IMMEDIATE RELEASE**

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[www.healthylarimer.org](http://www.healthylarimer.org)**

## **Dating, Jobs, Outdoor Adventures and More – Family and Youth Summit Has A Lot to Offer Teens and Parents**

Larimer County, CO—Teens! Do you want to know how to talk to your parents about tough stuff like drugs, grades and sex? Parents! Could you use some helpful hints on how to help your kids be responsible? If so, then attending the interactive workshops which are part of the 2nd Annual Family and Youth Summit should be on your list of things to do on Saturday, March 31, from 9 a.m. to 3 p.m. The Summit will take place in the First National Bank Exhibition Hall at The Ranch (Larimer County Fairgrounds).

A group of teens and parents have chosen 12 workshops tailored to be of interest to youth, parents and families. They narrowed down their choices from a group of 33 proposals. The workshop titles are:

- Talking About Tough Stuff with Your Parents
- Students and Business: The Real Connection
- Body Image & the Media
- PeaceJam: Change Starts Here
- Putting Families First: Strategies to Re-Connect Your Family
- Super Easy Superfoods
- Responsible Children the Love and Logic Way
- Help Your Kids Have Healthy Relationships
- Creating Shared Experiences to Remember
- Add a Little Energy Medicine to Your First Aid Kit
- Help Your Teen Achieve Success
- Seven Habits for Healthy Families

Additionally, a keynote presentation will be delivered by Jim Davidson, international outdoor expedition leader and high-altitude rescuer, who will talk about how to persevere when the going gets tough.

“All of the speakers are going to be amazing and they all have great information to talk about,” said Erin Daley, a junior at Mountain View High School and one of the workshop selection committee members. “The topics range from body image to getting a job, and are appropriate for all ages. The whole Summit is very well planned out and organized. It should be a good experience for everyone who comes...families, teenagers and little children.”

The Family and Youth Summit, hosted by the Healthier Communities Coalition of Larimer County (HCC), in partnership with five local radio stations (107.9 FM The Bear, MY 97.9 FM, 96.1 KISS FM, Fox News Radio 600 AM KCOL, and KIIX AM 1410), provides families the chance to spend a day together having fun and learning about ways to make healthy, safe lifestyle choices. Beyond interactive workshops, The Summit will include mini-sports clinics, booths with fun activities, a service project to help homeless youth, and entertainment.

Admission is \$10 at the door for families and/or individuals. Pre-registration is recommended for the informational workshops as space is limited in each of the sessions. Workshop descriptions and a pre-registration form are available online at [www.healthylarimer.org/2007summit](http://www.healthylarimer.org/2007summit). A cash-only concession area will be open for snacks and lunch. For more information, call (970) 495-7503 or go to [www.healthylarimer.org](http://www.healthylarimer.org).

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The Healthier Communities Coalition of Larimer County is an alliance of nonprofit, education, health, business, government and citizen leaders who collaboratively identify, develop and implement strategies to improve the health and well-being of county residents. Established in 1994 and located in Fort Collins, Colorado, HCC's special focus since 2002 has been on improving the lives of our youth.



**The 2007 Family & Youth Summit**  
**c/o HCC, 1029 Luke Street, Fort Collins, CO 80524 ~ 970.495.7503 ~ [healthylarimer.org](http://healthylarimer.org)**