



MEETING DATE: 1/16/2007

ITEM NO: 20

## COUNCIL AGENDA REPORT

DATE: JANUARY 11, 2007

TO: MAYOR AND TOWN COUNCIL

FROM: DEBRA J. FIGONE, TOWN MANAGER

A handwritten signature in black ink, appearing to read "Debra J. Figone".

SUBJECT: JEWISH COMMUNITY CENTER HEALTH FAIR - SATURDAY,  
FEBRUARY 3-WEDNESDAY, FEBRUARY 7, 2007

Attached is a copy of the Health Fair Schedule of Events to be introduced by Mayor Pirzynski under Council Matters at the January 16<sup>th</sup> Town Council meeting.

Attachment: Jewish Community Center Health Fair Schedule of Events

Distribution: Paula Cappello, Executive Director - Addison-Penzak JCC Assistant Executive Director - 14855 Oka Road, Los Gatos, CA 95030

A handwritten signature in black ink, appearing to read "Pamela S. Jacobs".

PREPARED BY: PAMELA S. JACOBS  
Assistant Town Manager

PSJ:pg

N:\MGR\AdminWorkFiles\2007 Council Reports\JCC Health Fair.doc

Reviewed by: \_\_\_\_\_ Assistant Town Manager PSJ Town Attorney  
\_\_\_\_\_ Clerk Administrator \_\_\_\_\_ Finance \_\_\_\_\_ Community Development

## Health Fair 2007

### **\*Tentative Schedule of Events**

#### **Saturday, February 3rd**

**8:30am:** Group Exercise Classes begin (see *Group Exercise Class schedule*)

**12:00pm:** Registration begins

**12:30pm:** 5k Pledge Run STARTS!

**1:00-5:00pm:** Health Fair (Auditorium)

**1:00-5:00pm:** Health Screenings- Blood Pressure, Body Composition, Cardiovascular Risk Assessment, Spinal Screening

#### **Sunday, February 4th**

**8:30am:** Group Exercise Classes begin (see *Group Exercise Class schedule*)

**10:00am-2:00pm:** Health Fair (Auditorium)

**10:30am-12:00pm:** LECTURE- Family Basic Life Safety in conjunction with FitKidz

**10:30-11:15am:** FitKidz- Youth Fitness/Wellness Activities and Games-  
Ages 3-7 (Gymnasium)

**11:15am-12:00pm:** FitKidz- Youth Fitness/Wellness Activities and Games-  
Ages 8-12 (Gymnasium)

**12:00-1:00pm:** LECTURE- Nutrition

*\*Healthy boxed lunches available for purchase at 'Tel Aviv' Cafe*

**1:00-2:00pm:** Sit & Fit Group Exercise Class (Studio A)

*\*Gear up for the Super Bowl: 3:30pm Kickoff!*

#### **Monday February 5th: 'Emergency Preparedness'**

**4:30pm:** Group Exercise Classes begin (see *Group Exercise Class schedule*)

**5:00-8:00pm:** Health Fair (Auditorium)

**5:30-6:30pm:** Kids Fire Truck Tours/Fire Prevention (Parking Lot)

**6:30-7:30pm:** LECTURE- Earthquake and Fire Safety by The American Red Cross

**7:30-8:00pm:** LECTURE- The 101 on 911: Interactive Panel Discussion with the  
Fire Department, Police Department and American Red Cross

#### **Tuesday, February 6th: 'Health Awareness'**

**4:30pm:** Group Exercise Classes begin (see *Group Exercise Class schedule*)

**5:00-8:00pm:** Health Fair (Auditorium)

**5:00-8:00pm:** Health Screenings (Auditorium)- Blood Pressure, Body  
Composition, Cardiovascular Risk Assessment, Spinal Screening

**6:00-7:00pm:** LECTURE- "Stress Management: Boosting Your Health  
Potential" by Dr. James Pedreiro, D.C.

**6:15-7:15pm:** LECTURE- (*Disability topic*)

#### **Wednesday, February 7th: 'Balanced Lifestyle'**

**5:00-8:00pm:** Health Fair (Auditorium)

**5:30-6:30pm:** LECTURE- Dr. da Gamma on Sports/Rec

**6:45-8:00pm:** 5-on5 Basketball Game- Fire Department vs. Police Department