

December 1, 2010

## MEDIA ADVISORY

WEST POINT, Miss.—Please join us when staff from HealthWorks!, an interactive children’s health education center in Tupelo, presents “Rev-it-Up” from 8:30 a.m.-1:30 p.m. Monday, Dec. 20, at South Side Elementary School.

“Rev-it-Up” takes a look at nutrition and fitness highlighting daily healthy choices. Students will be in constant motion as they rotate through three activity stations—the Railyard, Whee-Fit and Noodlemania, which will have their hearts pumping and their feet moving.

The program is sponsored by a grant from the Appalachian Regional Commission. For more information, call Deborah Roberts Pugh at (662) 377-3712.