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## Member Spotlight



Founded in 2002, [Empowerment Resources](#) is dedicated to empowering youth and their families. The Journey Into Womanhood program engages 40 teen girls in leadership development opportunities in a wide range of focus areas including drug and alcohol prevention, nutrition, employment and career skills.

## Upcoming Events

**Free Gardening Class  
Presented by Friends of  
Northeast Florida  
Community Gardens and  
Second Harvest of North  
Florida**

Rhonda L. Martin Cultural  
Heritage Center  
376 4th Street South  
Jacksonville Beach, FL 32250

## >WHAT IS HAPPENING?

### Submit Your *Stories From The Field*

The Healthy Jacksonville Childhood Obesity Prevention Coalition is currently collecting success stories from the field in response to the [2009 Community Call to Action to Reduce Childhood Obesity](#). These stories from the field will highlight Duval County's top childhood obesity prevention accomplishments in 2011-2012 as a part of the [Embrace a Healthy Florida](#) and Promising Practices and Applied Research grants funded through the [Blue Cross and Blue Shield of Florida Foundation](#). The selected stories will be used in a variety of outlets, including a printed document, presentations, and other media and public relations, and social media activities. [Download](#) a *Stories from the Field* report and submit it by August 31. Please contact [Healthy Jacksonville](#) with questions about this project.

## >WHAT IS AHEAD...

### HJCOPC Celebrates Healthy Kids and Active Communities

Do you know someone who goes above and beyond to enhance awareness about healthy eating and active living? Are you part of an organization that has a unique program that inspires people to be active in their community? If so, we want to hear from you.

This September, the Healthy Jacksonville Childhood Obesity Prevention Coalition will honor youth, adults and organizations that are working to improve health

Saturday, August 25  
4:00 - 6:00 p.m.  
[E-mail](#) Katie Salz to RSVP today.

### Tri-JAX Challenge

Presented by: JAX Parks  
Sunday, September 2  
[Register](#) today to join the challenge.

### Create the Life You Want Series

Breaking Ground Education Services  
4218 Highway Avenue  
Jacksonville, Florida 32254  
Monday, September 10 - Women's Class  
Tuesday, September 11 - Men's Class  
5:30 - 7:30 p.m.  
Visit [Breaking Ground Education Services](#) for more information.

### Healthy Jacksonville Childhood Obesity Prevention Awareness Month Breakfast

Hyatt Jacksonville  
225 East Coastline Drive  
Jacksonville, FL 32202  
Friday, September 14  
8:00 - 10:00 a.m.  
In lieu of the traditional Coalition meeting, please plan to attend [a special breakfast](#) to celebrate Childhood Obesity Prevention Awareness Month.

outcomes for all residents in Duval County. The awards will be presented at the inaugural Childhood Obesity Prevention Awareness Month breakfast on Friday, September 14. [Download](#) an application and submit your nomination form by Friday, August 31. E-mail [Healthy Jacksonville](#) for questions about the program.

### >DID YOU KNOW?

#### Join the Challenge: Donate to Help Provide A Bike For a Child In Need

On Sunday, September 2, [JaxParks](#) will host the [Tri-Jax Challenge](#). Designed to promote physical fitness, this triathlon features a swimming, running and biking program for Jacksonville's youngest athletes. JaxParks is seeking donations to help purchase bikes for the program. Each bike will enable 50 children to compete during the event. [Contact](#) Pam Roman to make a donation today.

*Have a story for Bite-Sized News?*

Email [Jacquehyn Lowe](#)

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