



News & Events

University News & Information

California Polytechnic State University, San Luis Obispo, California

FOR IMMEDIATE RELEASE

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Cal Poly Gets Its HANDS on Health this October

SAN LUIS OBISPO –Cal Poly’s STRIDE will host its first annual HANDS on Health collaborative event on Friday and Saturday, Oct. 30 and 31, showcasing health in a fun and interactive way. The entire county is invited to partake in this free event on the Cal Poly Campus.

Friday’s programming will showcase national and regional research in health, nutrition and fitness for an audience of educators, medical professionals, students and scientists. Free CME and CE accredited presentations are being offered for physicians and auxiliary medical staff continuing their medical education.

Saturday will focus on individual, family, and community health with access to free dental and health screenings, workshops, educational booths, music, and activities. Participants can expect to taste new recipes, watch exercise demonstrations, and learn the latest in health research and education.

Highlights include the 5k Fun Run, a Monster Dance Children’s Costume Contest, Big Daddy’s Blues Band, and so much more. Programming will be in both Spanish and English. Also on Saturday, thanks to a partnership with San Luis Obispo Regional Transit Authority (RTA), anyone who mentions “HANDs on Health” to their bus driver will receive a free ride to and from Cal Poly.

Over forty organizations across the coast are committed to making HANDS on Health a success that will continue annually for the benefit of the entire community. For more information, visit www.stride.calpoly.edu.



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