



home > city hall > press releases

Jump Start for Kids at Rob Reiner Center Health Fair



Perris City employee Crystal Lopez demonstrates the benefits of drinking water flavored with cucumbers during a May 20 health fair at the Rob Reiner Children & Families Center in Perris.

The City of Perris took part in a campus health fair held May 20 at Rob Reiner Children & Families Center, showing students how to make healthy snacks like fruit kabobs and instructing them to avoid sugary drinks with alternative like water flavored with strawberries or cucumbers. Staff members Crystal Lopez and Arcenio Ramirez led the demonstrations seen by about 340 3-to-5-year olds. The City's participation in the health fair continues its commitment to the ongoing Live Well Perris healthy eating active living campaign. Reiner site director Carol Jimenez said the school is "thrilled that the City of Perris educating kids about the power of healthy living!"



Perris municipal worker Arcenio Ramirez assists a student at the Rob Reiner Children & Families Center in completing a fruit kabob that included watermelon, grape, strawberry and centelope.



Rajveer Hudson, 3, enjoys his fruit kabob during the May 20 health fair at the Rob Reiner Children & Families Center in Perris.



Lucas Gutierrez, 3, is all smiles as he navigates an obstacle course during the May 20 health fair.

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