



# Youth Worker Cafe



## Free Luncheon: Childhood Obesity and Healthy Lifestyles

**WHEN:** This café is being offered on two dates and locations. See below for details.

**WHO:** All youth workers, parents, community leaders, youth ministers, educators, counselors, and others who work to impact the well-being of local youth, and those interested in this topic.

**TOPIC:** Panel Discussion: Promote Healthy Lifestyles, Reduce Childhood Obesity

Attend this lunch discussion to learn about ways to reduce childhood obesity and create healthier lifestyles for children and youth. Our expert panelists will discuss childhood hunger and how food resource opportunities can increase access to healthy meals as well as strengthen youth programs.

**PANELISTS:** **Brent Wake, Director – Statewide Pioneering Healthier Communities (SPHC), State Alliance of Indiana YMCAs** Brent Wake coordinates and leads statewide advocacy efforts of the SPHC initiative, working to reduce childhood obesity through policy, environmental and systems changes.

**Tyler Gough, Farm Manager – Indy Urban Acres** Tyler Gough oversees the planning and operation of all aspects of Indy Urban Acres, an eight-acre organic farm dedicated to ensuring that families in need have access to healthy foods.

**Jennifer Vigran, Chief Executive Officer – Second Helpings** Second Helpings provides nutritious meals for thousands of hungry children and adults each day through their three programs – Food Rescue, Hunger Relief and Culinary Job Training.

<b>WHEN:</b>	<b>Tuesday, February 18</b> 11:30 am -1:00 pm	<b>OR</b>	<b>Thursday, February 20</b> 11:30 am -1:00 pm
<b>WHERE:</b>	<b>Riverside Regional Park (Indy Parks)</b> Family Recreation Center <a href="#">2420 E. Riverside Drive</a> Indianapolis, IN 46208 317-327-7171		<b>Washington Park (Indy Parks)</b> Multipurpose Room <a href="#">3130 E. 30<sup>th</sup> St.</a> Indianapolis, IN 46128 317-327-7473
<b>RSVP:</b>	RSVP by <b>noon on Monday, Feb. 17</b> via this link <a href="#">RSVP Marion County YWC 2/18</a> . <i>If you have trouble with the link, please email Debbie Jones at <a href="mailto:djones@iyi.org">djones@iyi.org</a>.</i>		RSVP by <b>noon on Wednesday, Feb. 19</b> via this link <a href="#">RSVP Marion County YWC 2/20</a> . <i>If you have trouble with the link, please email Debbie Jones at <a href="mailto:djones@iyi.org">djones@iyi.org</a>.</i>

**Each café has a maximum capacity of 75 attendees. If the date you chose is full when you RSVP, you will be encouraged to attend on the alternate date.**

**COST:** **Free:** Lunch will be provided courtesy of the [Indiana Youth Institute](#).



For information about other Indiana Youth Institute services and resources, contact IYI's Central Indiana Field Staff Representative **Lela Smith** at [lsmith@iyi.org](mailto:lsmith@iyi.org) or 866-431-5752.

IYI's annual spring trainings are coming to six cities throughout Indiana in March 2014! This year's sessions cover grant writing, dropout prevention, mentoring, and behavior management. Find dates, locations, session descriptions and speaker bios on our [trainings flyer](#), and [register here](#).