



Press Release

San Diego Children's Discovery Museum Contact:
Danielle Mendoza, Director of Marketing & Events
320 N. Broadway
(760) 233-7755, ext. 1003
DanielleM@sdcdm.org

Media Contact:
Sara Wacker, APR
(858) 945-1104
Sara@SaraWackerAPR.com

www.sdcdm.org

Organization's Mission: To inspire children to learn about
our world through exploration, imagination, and
experimentation.

San Diego Children's Discovery Museum holds First Annual Health & Wellness Week September 19-23

(Escondido, CA – September 9, 2016) San Diego Children's Discovery Museum (SDCDM) will be holding their First Annual Health & Wellness Week September 19-23 at the Museum in Escondido, CA. Each day will offer check-ups and workshops around a different theme with local health and wellness organizations onsite at the Museum to provide their services.

SDCDM is very excited about this special event and the opportunity to engage with our community partners to provide health and wellness resources to Museum visitors and the community at large. In April of this year, SDCCDM became a recognized partner of *Live Well San Diego*, the County of San Diego's vision to bring together community partners, individuals and families to help improve the lives of residents in the region. SDCCDM believes this collective impact approach can lead to concrete changes, and having a facility that provides affordable early childhood educational resources to families allows SDCCDM to be a community anchor and a one-stop-shop for valuable resources for children and families.

Workshops vary each day and include a variety of topics and activities such as: Ages & Stages questionnaires, presentations on Infant & Toddler Nutrition, Healthy Eating workshops with food tasting, Caregiver & Me Fitness classes, presentations on home, bike, and child passenger safety, vision screenings, blood pressure checks, mobile dental services, dental workshops, yoga, mediation, and presentations on good sleep. Each day will also have themed storytimes and crafts for the kids.

All workshops and check-ups are FREE with Museum admission. All workshop and check-up participants will also receive one opportunity drawing ticket for each workshop or

organization's table that they visit throughout the week. Three raffle winners will be chosen at the end of the week and contacted via email. Prizes are 1) SDCDM Facility Rental- \$950 value 2) SDCDM Birthday Party- \$450 value 3) Family Membership- \$95 value.

Health & Wellness Program Schedule

Monday, September 19 - Developmental Stages

- Participating partners: CalFresh program, County of San Diego Health & Human Services Agency, Palomar Health Healthy Development Services, and WIC North County.

Tuesday, September 20 - Nutrition & Fitness

- Participating partners: North County Health Services, CalFresh program, Escondido Union School District's Student Wellness , Georgia's School of Dance, and Super Soccer Stars.

Wednesday, September 21 - Safety

- Participating partners: Escondido Police Department, Safe Kids San Diego, CalFresh program, County of San Diego Health & Human Services Agency, and Safe Kids San Diego.

Thursday, September 22 - Vision, Dental, Hearing

- Participating partners: CalFresh program, Daniel and Davis Optometry, Audiologist Dr. Pamela Best, North County Health Services, and Super Dentists.

Friday, September 23 - Mindfulness / Wellness

- Participating partners: CalFresh program, Escondido Union School District's Student Wellness, Plant Powered Kids, County of San Diego's Health & Human Services Agency, Sean O'Shea Foundation.

For the complete listing of SDCDM Health & Wellness Week activities, visit:
<http://sdcdm.org/sdcdm-health-wellness-week>.

ABOUT San Diego Children's Discovery Museum (SDCDM)

San Diego Children's Discovery Museum's mission is to inspire children to learn about our world through exploration, imagination, and experimentation. The Museum serves local families, school and play groups, and visitors from across southern California and beyond. The new 6,000 square foot facility located at 320 North Broadway, Escondido CA 92025 has an additional 7,500 square-foot outdoor space. The Museum's hands-on educational exhibits focus on science, arts, and world cultures. SDCDM designs and fabricates its own exhibits with new experiences and themes added each month. New exhibit additions can be seen in Water Wise and Base Camp in the Children's Discovery Garden, Kids Global Village, Toddler Tide Pool, Reading Book Nook, Base Camp, Discovery Sailboat, Our Town: Careers & Community, and hands-on science Experimentation Exhibit Area.

SDCDM was founded as a nonprofit organization in 2001 as Escondido Children's Museum, with the focus of learning through play and inspiring children from ages 0-10 to learn about our world through exploration, imagination, and experimentation. The Museum is open Monday through Sunday from 9:30am to 4:30pm. Admission cost is \$8 per person, \$5 for active-duty military and veteran families, \$1 for EBT cardholders, and children 12 months and younger are free. Memberships, group discounts, field trips, birthday parties, private events, and Discovery Camps are available. San Diego Children's Discovery Museum is affiliated with the Association of Children's Museums.