



## K.I.S.S. Project Is Coming to Lake Charles February 2015

The K.I.S.S. Project (Keep It Simple Sister), led by founder and certified fitness instructor Sharmita Rideau, is a free, 10 week, comprehensive weight loss program geared specifically towards women wanting to lose 20 pounds or more. It focuses on simple steps to achieve health goals and utilizes certified fitness instructors and registered dietitians. Rideau explains, "It is my goal to help women just like me make lifestyle changes they can stick to. I share many options they can choose to do at home, in the neighborhood, or even at the gym. Weight loss doesn't have to be complicated. This program is about doing simple things to jump start weight loss and get healthier."

Women wanting to learn more about the KISS Project are invited to attend an informational Meet & Greet set for Thursday, February 19th at 6 p.m. at the Allen P. August. Multi-Purpose Center at 2001 Moeling Street in Lake Charles. Classes meet three times per week, Monday, Tuesday, and Thursday, beginning Monday, February 23rd 5:30 p.m.– 6:30 p.m. at the Allen P. August Multi-Purpose Center. Classes will run through Thursday, April 30th.

Dare to be Healthy is a three year initiative to combat the skyrocketing obesity rate in Calcasieu Parish. It is made possible by a Challenge Grant from Blue Cross and Blue Shield of Louisiana Foundation and matched by local partners throughout Calcasieu Parish. The grant is valued at over \$1.5 million and is administered by Southwest Louisiana Area Education Center in cooperation with the Partnership for a Healthier Southwest Louisiana.

### In This Issue

- K.I.S.S. Project Coming to Lake Charles
- Welcome Pure Press Juicery
- WCCH Hosts "Healthy Meals in Minutes Cooking Demo
- Welcome Shatonia McCarty MS, RD, LDN to Eat Healthy SWLA
- Eat Healthy SWLA launch new commercial
- Upcoming Events/Volunteer Opportunities



## Partnership Welcomes Pure Press Juicery

Please welcome "Pure Press Juicery" to the Partnership. I want all of you to meet Hali Habetz and Jason Holder, Owners of Pure Press Juicery. Established in May 2014, they started making 100% organic juice for themselves. They saw the benefits it offered and decided to share it with all of SWLA. You can find Hali and Jason at Cash and Carry Farmer's Market every Tuesday from 4p.m.-6p.m. and at Charleston Farmer's Market every Saturday from 8a.m.-12p.m. You can also visit their website [www.purepressjuicery.com](http://www.purepressjuicery.com)

## WCCH hosts "Healthy Meals in Minutes" Cooking Demo

Need help preparing healthy meals in minutes? Learn how to prepare a delicious meal in 45 minutes alongside Registered Dietitians. The classes are FREE and are being offered every quarter at Dynamic Dimensions as a commitment to improve the health of our communities. The first session was held on January 20th and the food was fantastic. The menu consisted of Chicken lettuce wraps, shrimp primavera, and peanut butter chocolate chip cookies. The next session will be offered on April 21st at 11:00 a.m. Please call Fran Landry 337-527-4261 to reserve your spot today!

## Ward 3 Rec. Center Hosts Fitness Extravaganza

The Annual Fitness Extravaganza/Health Fair was a success for the 3rd year in a row. Ward 3 personnel demonstrated several of their programs including spinners 101, Zydeco Fitness, Yoga, Line Dancing, and much more all taught by certified trainers.



## Eat Healthy SWLA Welcomes Shatonia McCarty, MS, RD,LDN

The Partnership for a Healthier Southwest Louisiana Welcomes Shatonia McCarty, MS, RD, LDN to the Eat Healthy SWLA Team as the lead Registered Dietician. Shatonia, along with her team of Dietetic Interns from MSU will consult with local restaurants to review and identify healthy menu options for kids and adults that support environmental and community efforts to help fight obesity in SWLA.



## Eat Healthy Launches New Commercial

Eat Healthy recently launched its newest commercial featuring participating restaurants. If you haven't seen it yet watch in on our Facebook page.



## Fun Facts

37.3 % Obesity Rate  
in Calcasieu Parish

353 Text for Health  
Campaign Subscribers

510 Likes on Face-  
book

PHSWLA

ISSUE 001 January 2015

## Upcoming Events/Volunteer Opportunities

### Cash and Carry Farmer's Market every Tuesday 4p.m.– 6p.m.

The Cash and Carry Farmer's Market seems to grow every week. They've added a ton of new vendors . Wonderful market with wonderful people and lots of homemade goodies. Everything from Smoothies, fresh bread , butter, and milk, and lots and lots of fresh produce. Support local and the market will continue to grow!

### Financial Fitness Fair Feb. 7th at the Prien Lake Mall 10:00a.m.-4:00 p.m.

Take advantage of this unique opportunity to tell area residents about the tools and resources that you have to help them become financially fit.

### Lunch and Learn Presentation– CPSB Special Services Feb.9th 12-1p.m.

The Partnership will provide a 30-45 minute presentation during the lunch hour of the Calcasieu Parish School Board Special Services Department.

### Healthy Breakfast Cooking Demo -SWLA Centre for Health Services Feb.19th 8:30 a.m.

The Partnership will provide a healthy breakfast cooking demonstration for diabetes patients at SWLA Center for health Services taught by Eat Healthy's Lead Dietician Shatonia McCarty, MS, RD, LDN



## Partnership for a Healthier SWLA

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