

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

Monday, March 9, 2015

Non-profit organization dedicated to fighting childhood obesity hosts luncheon honoring community leaders who inspire youth to make healthy choices

Contact: Carole Donahue (818) 222-4243 office, (818) 645-1000 cell

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### SOSMentor's March for Healthy Kids Luncheon

Business leaders, professionals and policy makers invested in education and health celebrate three community heroes who inspire Los Angeles' youth to make healthy choices:

Excellence in Integrative Medicine Award: **Dr. Howard Murad**, founder of Murad Skincare and the Inclusive Health Movement, Associate Clinical Professor of Medicine at UCLA

Excellence in Partnership Building Award: **Dixon Slingerland**, Executive Director of Youth Policy Institute

Excellence in Community Leadership Award: **Ned Colletti**, Senior Advisor to the President, Los Angeles Dodgers

Master of Ceremonies:

**Lori Corbin** ABC 7 Eyewitness News Nutrition and Fitness Reporter

Sponsored by **Tal Shoshan and Five Star Gourmet Foods**

Details:        March 26, 2015  
                  Luminarias Restaurant  
                  3500 Ramona Blvd.  
                  Monterey Park, CA 91754  
                  11:30 a.m. - 1:00 p.m.

Tickets are available at [www.sosmentor.com](http://www.sosmentor.com).

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### About the Honorees

#### **Dr. Howard Murad**

Dr. Howard Murad, founder of Murad Skincare, is recognized as a visionary for his scientific innovations and founding of the Inclusive Health Movement, which employs a total body approach to overall wellness. As a board certified dermatologist, pharmacist and Associate Clinical Professor of Medicine at the Geffen School of Medicine, UCLA, Dr. Murad helps his patients look, feel and live better by focusing on prevention and building health from the inside out. He is launching a new study with UCLA and the Veterans Administration to treat veterans struggling with PTSD with his

Inclusive Health approach. Dr. Murad is an author as well, penning the bestselling *The Water Secret* and his latest, *Conquering Cultural Stress*.

Carole Donahue, SOSMentor's Partnerships Co-ordinator states, "Dr. Murad has a philosophy of health that encompasses nutrition, exercise, mindfulness and stress-reduction. These are concepts that SOSMentor strives to instill in underserved youth through our programs. We are fortunate to have him as an ally and a strong supporter of our Healthy Schools Campaign."

### **Dixon Slingerland**

Mr. Slingerland has been the Executive Director of the Youth Policy Institute (YPI) since 1996. YPI operates five public schools and maintains programs that combat poverty and promote health, education, job training and citizenship. YPI's programs serve over 100,000 youth and adults each year at 125 program sites in Los Angeles. Mr. Slingerland has supported SOSMentor's Imagine HEALTH programs in YPI schools to encourage underserved students to make healthy eating choices and live an active lifestyle.

"Dixon is a role model for those of us who work in the non-profit arena," said Carole Donahue, Partnerships Coordinator for SOSMentor. "Dixon brings attention to the needs of our local communities. He connects with community partners and creates effective collaborations. Dixon inspires leadership and cooperation among city leaders, business people, philanthropists, educators, nonprofits, and young professionals, which improve our schools and communities and promote greater achievement and health for everyone."

### **Ned Colletti**

Mr. Colletti has worked for 33 years in Major League Baseball, spending the last 9 as the General Manager of the Los Angeles Dodgers. His true dedication is to our community, however, as demonstrated by the time and funds he has devoted to underserved students and people in need. He supports a wide variety of organizations such as: Get Lit, Guide Dogs of America, A Place Called Home, Vision to Learn, and a group that provides guide dogs to diabetics. He personally mentors underserved high school students and provides college scholarships.

Carole Donahue, SOSMentor's Partnerships Co-ordinator states, "Ned hosted the winner of our 'Share Your Story' contest at a Dodgers game. He is so involved in improving the lives of low-income youth. We are proud to have him as our honoree."

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## **Master of Ceremonies**

### **Lori Corbin**

Lori Corbin is a nutrition and fitness reporter for ABC7 Eyewitness News. She has a Bachelor of Science in Nutrition along with certifications in personal training and group exercise. She has owned a chain of exercise studios and a low-fat catering business. Her "Food Coach" program taught celebrities like Tim Allen and Billy Zane how to slim down. She continues to lead exercise classes and offers nutrition consulting.

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## About SOSMentor

SOSMentor is a Los Angeles-based nonprofit that is dedicated to fighting childhood obesity and diabetes through innovative nutrition and fitness programs, leadership development, mentoring, and research.

We are at a point of crisis here in Los Angeles. Nearly 42% of the children in Los Angeles County are overweight or obese. These students are more likely to face a wide array of serious health risks, including high blood pressure, diabetes, cardiovascular disease, and social and emotional struggles.

SOSMentor is fighting the obesity epidemic by providing education, mentoring and resources for underserved students and families throughout Los Angeles. This year alone, more than 14,000 students learned healthy eating and exercise habits in SOSMentor's Healthy Schools Campaign. After participating in SOSMentor's programs, students eat more fruits and vegetables, skip soda, and read food labels.

SOSMentor does more than just provide nutrition and exercise education, however. Participants develop leadership skills by mentoring younger students or creating service projects for their schools that enable them to become advocates for health at home and in the community. SOSMentor is proud to foster the next generation of leaders.