

Contact:
Kim Morgan
EVP of Communications
United Way of Western Connecticut
(203) 348-7711 x238



PRESS RELEASE

FOR IMMEDIATE RELEASE

Young Leaders in Stamford Tackle Childhood Obesity by Volunteering
Mill River Park's Playground in Downtown Stamford to be restored for children

Stamford, CT (April 9, 2010): Young leaders in Stamford's corporate sector have found a way to tackle the childhood obesity issue through volunteer projects. The Emerging Leaders group of the United Way of Western Connecticut is planning a project every two months that will not only give back to the community, but will be directly related to the activity, health and nutrition needs of children.

The first project is set for Saturday, May 1 at the Mill River Park and playground. The volunteers will be painting and waterproofing the play sets, weeding gardens and installing new plantings.

"One of the ways to combat childhood obesity is to create safe, beautiful playgrounds so parents can feel good about their children playing outdoors. Getting kids moving, that's what it is all about," states Mo Reynolds of Deloitte & Touche, LLP. "Our group of leaders were looking for an issue that we could really make a difference in, and we have found that we all have a role in helping to reduce the crisis of childhood obesity."

Other projects the group has planned include sorting food at a food pantry, while working with a chef to create recipes families can use with items found at a food pantry. Often the food available to low income families is high in fat and carbohydrates. Recipes designed to be nutritionally balanced, easy to make and low fat will help families not only reduce the empty calories they consume, but also educate them on shopping right.

The Emerging Leaders group came together two years ago as a vehicle for young professionals to network while joining a cause, improving lives in Stamford. All members are under 40 years old. If you would like more information about becoming involved with this group, call Mo Reynolds, Senior Manager at Deloitte & Touche, LLP at 203-708-4312.

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ABOUT UNITED WAY OF WESTERN CONNECTICUT

United Way of Western Connecticut's mission is: "To improve lives by mobilizing the power of caring communities to create lasting change". We work to advance the common good by creating opportunities for a better life for all. Working with many partners, United Way is focused on the building blocks that we need for a good life: a quality education that leads to a stable job, income that can support a family through retirement, and good health. The towns covered within UWWC's region are Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield, Roxbury, Sherman, Stamford, Warren and Washington. For more information about United Way of Western Connecticut, please visit: www.uwwesternct.org.

Note to Editor:

Please see the service area of United Way of Western Connecticut listed above. If this article will appear in a publication within other towns in Fairfield County, please also contact Donna Pfrommer at 203-339-6312.