



Public Health
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Champaign-Urbana Public Health District

FOR IMMEDIATE RELEASE

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Kids are Encouraged to Participate in Parents' Daily Work Activities

The Champaign-Urbana Public Health District Participates in the Take Our Daughters And Sons To Work® Program

Champaign, IL – On April 28, 2011, the Champaign-Urbana Public Health District (CUPHD) will participate in a national public education program, Take Our Daughters And Sons To Work®. This year's theme is "*Invent the Future*". According to the Take Our Daughters And Sons To Work® Foundation, more than 35 million youth and adults participate at over 3 million workplaces each year.

This will be the seventh year for CUPHD to participate in this interactive program. Over 20 children, ranging in age from 4-16, will join their CUPHD parents at work to participate in this annual event. The day will begin with a healthy breakfast and an agency tour with the Administrator, Julie Pryde. In addition to a "business lunch", the group will participate in activities including hand washing, Petri dish experiments, dental health, physical activity, and gardening.

In addition to the Take Our Daughters And Sons To Work® program, April 28th is the *Great Central U.S. ShakeOut*. This is the first comprehensive regional activity to increase awareness among citizens of the actual threat of a severe earthquake in our area. The drill will take place at 10:15 AM and will be incorporated into the kids' day of activities.

"The day will be focused on wellness activities that will teach fun ways to fit daily exercise and nutrition into their routine. Our group will also participate in the 10:15 AM region-wide *Great Central U.S. ShakeOut*'s "Drop, Cover and Hold On" program to increase awareness of the threat of a severe earthquake in our part of the Midwest," said Patricia Robinson, Director of Human Resources.

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The Ms. Foundation for Women launched Take Our Daughters And Sons To Work® 18 years ago in 1993, to allow parents to share their work lives with their children, specifically with their daughters, and to stimulate discussion about the challenges of finding meaningful work while also dedicating time to address the needs of both family and community. In 2003, the program expanded to include boys in its' learning activities. The program not only encourages daughters and sons to participate in the Day but also grandchildren, nieces, nephews, Godchildren, neighbors, and friends.

For more information on CUPHD's Take Our Daughters And Sons To Work®, please contact Patricia Robinson, Director of Human Resources at (217) 531-4257.

For more information on other CUPHD programs and services, please contact CUPHD at (217) 352-7961 or visit CUPHD on the web at www.c-uphd.org.

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