

TO MEDIA:

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FOR IMMEDIATE RELEASE

PEDIATRIC OBESITY SEMINAR OFFERED AT EXCELA HEALTH

GREENSBURG, PA, June 25, 2010 ...Children who are well above the average weight for their age and height may be headed for lifelong health problems such as diabetes, high blood pressure and poor self-esteem. But this medical condition, known as pediatric obesity, can be reversed or prevented through healthy diet and exercise.

Recognizing the prevalence of obesity in the adult American population, Excelsa Health is offering a free seminar 4 p.m., July 21, Memorial Conference Center, Ground Floor, Westmoreland Hospital. Health care professionals seeking to understand their role in the recognition, prevention and treatment of this condition are encouraged to attend. Continuing education credits are available to nurses. Dinner will be served.

Registered dietitian Michelle Kostelnik, pediatric nutrition representative for Nestle, will discuss the common causes of excessive weight in children, as well as the associated conditions that result if left unchecked.

Pre-registration is required by July 20 via Excelsa's Online Calendar at www.excelsahealth.org or Call Center, 1-877-771-1234.