



For Immediate Release

Contacts: Marcie Casas
Guerra DeBerry Coody
210.223.2772

Families to Gain Access to Resources for Healthier Lifestyles and Improved Nutrition at the Good Living Health & Wellness Family Expo

(SAN ANTONIO) — With diabetes, childhood obesity and heart disease among the many health concerns challenging San Antonio families today, H-E-B has partnered with the University Health System, the American Heart Association and the San Antonio Spurs to present the Good Living Health & Wellness Family Expo on October 11, 2008.

The free expo will be held at Freeman Coliseum from 9 a.m. to 2 p.m. Free transportation to the event is available through VIA. The expo will bring together the numerous community services available for families needing and wanting information on how to increase their overall health and improve their lifestyle.

Former San Antonio Spur, George “The Iceman” Gervin, will make a special guest appearance at the expo from 10:45 a.m. to 12:00 p.m. During his appearance, Gervin will share his personal battle with high blood pressure.

The Good Living Health & Wellness Expo will feature a wide variety of topics, activities and exhibits to address the health and well-being of every member of the family. Expert advice from health, fitness, and medical professionals will be offered, as well as cooking demonstrations, educational seminars, free health screenings, kids’ activities, free product samples and a chance to win several door prizes, including Spurs memorabilia.

“We created this expo as a resource for families,” said Dya Campos, Director of Public Affairs for H-E-B. “By helping them to identify simple steps they can take to improve their overall health and nutrition, we can see diseases like diabetes, heart disease and childhood obesity become a thing of the past.”

— more —

Page 2/Health & Wellness Good Living Family Expo

“Everyone talks about the importance of good health, but how much are we really doing to make it happen for ourselves and our families?” added Leni Kirkman, University Health System’s Executive Director of Corporate Communications. “We are thrilled to be partnering with H-E-B for a really fun event that’s all about getting serious about good health.”

“With cause initiatives that focus on the importance of good nutrition and heart health in the family; the American Heart Association has been on the forefront of health issues regarding heart healthy information along with childhood obesity. The Health and Wellness Good Living Family Expo is a wonderful opportunity for us to get information out to those that need to hear it,” said Nora Silva, American Heart Association, Sr. Cultural Health Initiatives Director.

Adding to the extensive information to be found at the expo, families will also be able to find exhibitors representing everything from healthcare, nutrition and fitness products to free health services from non-profit agencies. Many exhibitors will provide hands-on demonstrations, free samples and prizes. Additionally, among the numerous health screenings to be offered at the expo, the following will also be offered:

- “Ask-A-Doc” Segments
- Carotid artery tests
- Cholesterol/Glucose screenings
- Diabetes risk factor assessment
- Heart disease risk factor assessment
- BMI checks
- Blood pressure checks
- Skin cancer screening
- Eye checks and screenings
- Pulmonary function tests for asthma
- Dental screenings

For more information on the Health & Wellness Good Living Family Expo visit www.heb.com.

About H-E-B

For more than 100 Years, H-E-B has been an innovative retailer. Known for its fresh food, quality products, convenient services, and a commitment to environmental responsibility and sustainability, H-E-B strives to provide the best customer experience at every day low prices. Based in San Antonio, H-E-B employs more than 60,000 Partners and serves millions of customers in more than 150 communities throughout Texas and Mexico. For more information, visit www.heb.com.

About University Health System

University Health System is the public hospital district for Bexar County, Texas and a nationally recognized academic medical center. Facilities include University Hospital and 16 community clinics. University Hospital is the lead Level I Trauma Center for 22 South Texas counties and a national leader in organ transplantation. University Health System's Texas Diabetes Institute is the nation's largest facility dedicated to diabetes treatment, prevention and the search for a cure. Subsidiary organizations include Community First Health Plans, a nonprofit HMO and Community Medicine Associates, a nonprofit primary care physician practice. University Health System is a joint owner of San Antonio AirLife, one of the nation's most recognized emergency air medical transport services.

About the American Heart Association

Founded in 1924, the American Heart Association today is the nation's oldest and largest voluntary health organization dedicated to reducing disability and death from diseases of the heart and stroke. These diseases, America's No. 1 and No. 3 killers, and all other cardiovascular diseases claim over 870,000 lives a year. In fiscal year 2005–06 the association invested over \$543 million in research, professional and public education, advocacy and community service programs to help all Americans live longer, healthier lives. To learn more, call 1-800-AHA-USA1 or visit americanheart.org.

About the San Antonio Spurs

The San Antonio Spurs are starting their 36th season in the NBA and are owned and operated by Spurs Sports & Entertainment, the parent company of the Spurs (NBA), San Antonio Rampage (AHL), San Antonio Silver Stars (WNBA) and Austin Toros (NBA D-League) and also operates the AT&T Center.

#