

NEWS RELEASE

February 28, 2013

Contact: Kristina Mullis

Phone: 760-736-8638 (O)



FOR IMMEDIATE RELEASE

North County Health Services Kicks Off National Nutrition Month with Free Healthy Breakfast Samples

NCHS partners with Chick-fil-A and Robeks to provide smoothies, fruit to North County clinics

San Marcos, Ca. February 28, 2014 -- North County Health Services (NCHS) wants to help North County residents make their "most important meal of the day" even healthier.

To kick off March's National Nutrition Month, North County Health Services (NCHS) will partner with Chick-fil-A and Robeks to provide healthy breakfast options to the North County community during the week of March 3 to 7.

National Nutrition Month aims to create a healthier community by making more informed food choices and developing sound healthy eating habits. In line with NCHS' mission for a healthy North County community, Chick-fil-A and Robeks will partner to provide free samples to patients at NCHS' San Marcos and Oceanside (Loma Alta) clinics.

National Nutrition Month Kick Off Events:

9 a.m. Tuesday, March 3

Samples to the first 100 people
NCHS San Marcos Health Center
150 Valpreda Road, San Marcos
Sponsored by Robeks

8 a.m. Wednesday, March 5

Samples to the first 100 people
NCHS Oceanside (Loma Alta) Health Center
605 Crouch St., Oceanside
Sponsored by Chick-fil-A

NCHS is excited to partner with caring, supportive organizations like Chick-fil-A and Robeks to provide opportunities to create and sustain a healthier North County San Diego! For more information, please contact Kristina Mullis at (760) 736-8638 or kristina.mullis@nchs-health.org.

###

About North County Health Services

North County Health Services is a private not-for-profit organization that serves over 60,000 patients annually at 10 community health centers in Carlsbad, Encinitas, Oceanside, San Marcos and Ramona, and through two mobile clinics. NCHS has been providing affordable, quality & comprehensive care to members of our north San Diego County communities who are uninsured or underinsured for over 40 years. Services at NCHS include pediatrics, obstetrics, gynecology, dental care, internal medicine, adolescent medicine, radiology, pharmacy and transportation services as well as community health outreach, prevention and disease management programs. We accept private insurances, Medi-Cal and Medicare. If you are uninsured, you may be eligible for low or no-cost programs based on your income, qualify for a discount or use our monthly payment plan. For more information, visit www.nchs-health.org or call 760-736-6767.