



**Unity Care Group, Inc.**  
"Creating Healthier Communities"

**Media Contact**

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**FOR IMMEDIATE RELEASE**

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**Teenage Girls Host Free Health Fair**

**Soledad, Calif., (August 19, 2011)** Five female high school and college students have been working hard to plan and host a free Health Fair at Soledad High School on Saturday, August 20<sup>th</sup>. The young women are participants in Unity Care's Girls' Health in Girls' Hands (GHGH) program funded through a partnership with the Women's Fund of the Community Foundation for Monterey County and the Unity Care Group. The purpose of the program is to give girls the opportunity to be advocates for their own health needs and to have better access to health information, support and services that are age appropriate and culturally sensitive in Monterey County.

During the summer, five enthusiastic young women have been busy coordinating their first health fair in the southern part of the county. To promote the event, the girls have hit the ground passing out flyers locally and have utilized social media sites like Facebook and Twitter to help spread the word amongst their peers. Several community organizations such as Planned Parenthood and YWCA will be in attendance to host informative health presentations throughout the day.

The second in a series of three scheduled health fairs occurs this Saturday, August 20, 2011 from 3:00 p.m. to 6:00 p.m. The event will take place at Soledad High School in the Multi-Purpose Room located at 425 Gabilan Drive, Soledad, CA 93960. Girls ages 11 to 18 are encouraged to attend the fair and participate in interactive presentations. Snacks, refreshments and raffle prizes will also be provided. Special thanks to Fresh Express for donating salad. For more information about the event contact Crystal Vasquez, Program Coordinator at (831) 449-7974 ext. 123.

**ABOUT UNITY CARE GROUP**

Founded in 1992, Unity Care Group, Inc. is a community-based non-profit multi-service youth and family development agency. Founded with the goal of developing educational and social programs to enrich the lives of at-risk youth, our mission is to provide quality youth and family programs for the purpose of creating healthier communities through lifelong partnerships. For more information contact Linda Vu, Communications and Development Specialist, at (408) 510-3480, or via email at [lvu@unitycare.org](mailto:lvu@unitycare.org) or visit [www.unitycare.org](http://www.unitycare.org)

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