

Howard Phillips Center for Children & Families  
601 W. Michigan St.  
Orlando, FL 32805  
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# NEWS RELEASE

## **Orlando Students Showcase Healthy Cooking Skills at Planet Hollywood Kitchen**

*\$100,000 Gift from Orlando Magic Youth Foundation Helps Fund Program*

**ORLANDO, FL (August 10, 2011)** – A group of Orlando high school students will be putting their newly learned culinary skills to the test under the watchful eye of Planet Hollywood’s Executive Chef, Christin Butler.

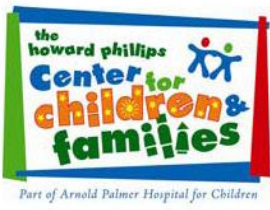
The students will be celebrating their completion of Healthy Me, a new six-week course that provides Orlando students access to doctors, dietitians, trainers, mental health specialists, and other healthcare professionals to learn about health, nutrition, and exercise. Healthy Me also includes free healthy cooking classes, Zumba lessons, and helpful material for adolescents and teens to become better educated on proper diet and exercise. The course, which is available free of charge at Jones High School, Evans High School, Memorial Middle School, and Bridge to Independence School, was developed by Teen Xpress, a part of the Howard Phillips Center for Children & Families.

“Healthy Me gives kids the tools and knowledge they need to make healthier choices and lead healthy lives,” states Rita M. Soza-Vento, Ph.D., manager, Teen Xpress. “This is a real partnership between businesses and organizations to ensure we are providing resources and education for the kids in our community who need it most.”

The Orlando Magic Youth Fund, a fund of the McCormick Foundation (OMYF-MFF), contributed \$100,000 to Teen Xpress for development of Healthy Me. In addition, food from Second Harvest Food Bank is being provided to students in the course. At the conclusion of the six-week course, students will board a bus donated by Pegasus Transportation and be driven to their graduation hosted by Planet Hollywood. There, they will have all the resources of the Planet Hollywood kitchen and receive coaching from Executive Chef Christin Butler as they prepare a healthy dinner for family and friends in attendance at the celebration. A surprise celebrity guest from the Orlando Magic will also make an appearance at graduation to talk with the students about proper diet and exercise.

“It is an honor to host the Healthy Me students and their guests at Planet Hollywood,” states Butler. “We’re very proud to be a part of something that empowers these students and their families with the knowledge and skills to make healthy diet and exercise a part of their lives.”

The current Healthy Me class includes 77 students from Orlando schools, including Jones High School, Evans High School, Memorial Middle School, and Bridge to Independence School. The group met every Thursday from 3:00 P.M. to 4:00 P.M. for six weeks during the summer. Organizers are planning to make the course available during the school year as an after-school program. Graduation will take place Tuesday, August 9, 2011, 3:00 P.M., at Planet Hollywood in Downtown Disney.



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Teen Xpress, the developer of Healthy Me, is a mobile healthcare unit that provides a medical home and mental health counseling to underinsured and uninsured adolescents in at-risk areas in Orange County. It is one of six programs offered by the Howard Phillips Center.

## **About the Howard Phillips Center for Children & Families**

The Howard Phillips Center, widely-recognized as one of the leaders in the country for its cutting-edge advocacy and outreach programs, is part of Arnold Palmer Hospital for Children. It is supported by the Arnold Palmer Medical Center Foundation and serves central Florida through the following programs: The Developmental Center for Infants & Children/Early Steps, Healthy Families Orange, Orange County Children's Advocacy Center, the Child Protection Team, the Healing Tree and Teen Xpress.

## **ARNOLD PALMER HOSPITAL for CHILDREN**

Arnold Palmer Hospital for Children, supported by the Arnold Palmer Medical Center Foundation, is a 158-bed facility dedicated exclusively to the needs of children. Located in Orlando, Arnold Palmer Hospital provides expertise in pediatric specialties such as cardiac care, craniomaxillofacial surgery, emergency and trauma care, gastroenterology, nephrology, neurology, oncology, orthopedics, pulmonology and sports medicine. Visit [www.arnoldpalmerhospital.com](http://www.arnoldpalmerhospital.com) to learn more about all of our specialties.

## **About Planet Hollywood**

*Planet Hollywood International, Inc.* is the creator and worldwide developer of a consumer brand that capitalizes on the universal appeal of movies, television, sports, music and other leisure-time activities. The Company's worldwide operations offer products and services in the restaurant, retail, leisure and entertainment sectors.

Planet Hollywood Orlando is the headquarters for great food and drink, stylish merchandise, display cases full of fabulous memorabilia and exclusive celebrity appearances. Open daily from 11am – 1 am, Planet Hollywood Orlando is conveniently located in the heart of Downtown Disney West Side. For more information, visit [www.planethollywood.com](http://www.planethollywood.com) or call (407) 827.7827.

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