

F O R I M M E D I A T E R E L E A S E



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Touro University Teen Life Conference Empowers Vallejo Youth through Health Education

(Vallejo, CA - Date) The seventh annual Teen Life Conference, presented by Touro University California, will take place on March 10th from 3:30pm to 7:30pm in the campus's Lander Hall on Mare Island. Students from five local high schools are scheduled to participate in this conference, which provides them with valuable information on physical and mental health topics that directly affect today's teens.

Previous Teen Life Conferences have drawn close to 300 teenagers and their parents. Local schools that have confirmed attendance include Jesse Bethel High School, Vallejo High School, St. Vincent - St. Patrick High School, Hogan High School, and Mare Island Technology Academy. Events at the Teen Life Conference include educational lectures, an obstacle course, basic health screenings, yoga and hip hop classes, and first aid training among other activities.

"The Teen Life Conference is a great opportunity for the students, faculty and staff of Touro University to give back to the Vallejo community by reaching out to the next generation and advocating healthy lifestyle choices," said Angela Zhang, a second year osteopathic medical student and an event planner.

The event includes informational booths sponsored by Bay Area community organizations and businesses including Solano County Public Health Department, Kaiser Permanente, Planned Parenthood and Solano Community College. The conference is geared to providing resources for teens and their families to address relevant health issues and career options for life after high school.

The Teen Life Conference is organized by Touro University students and faculty from the Colleges of Osteopathic Medicine, Pharmacy, and Education and Health Sciences.

Conference participants will be introduced to Touro's Mare Island campus and have a first-hand opportunity to learn about the highly-accredited educational programs offered by the university.

For more information visit: www.teenlifeconference.com

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Touro is a system of Jewish-sponsored non-profit institutions of higher and professional education. Touro College was established in 1971 primarily to enrich the Jewish heritage, and to serve the larger American community. Approximately 18,000 students are currently enrolled in its various schools and divisions. Touro College has branch campuses, locations and instructional sites in the New York area, as well as branch campuses and programs in Berlin, Jerusalem, Moscow, Paris and Florida. Touro University California and its Nevada branch campus, as well as Touro College Los Angeles, are separately accredited institutions governed in common by the same Board of Trustees as Touro College. For further information on Touro College, please go to: <http://www.touro.edu/media/>.