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House of Representatives
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March 12, 2003

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Dear Friend:

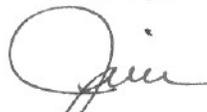
On Monday, March 31, from 7:00 to 9:00 p.m., I will be holding a Hometown Values Forum on the topic of "Healthy People-Healthy Places" at the lower level of the Campus Center of the Cambridge campus of Anoka-Ramsey Community College. This event was originally to be held on February 17th. However, due to inclement weather on the east coast, which prevented me and other panelists from traveling to Minnesota, the event was postponed. Please join me at this public event to discuss what we can do as civic leaders and citizens to make our communities healthier.

I am deeply concerned about the health and well being of our people. Obesity is becoming a national epidemic among both adults and children. Public health experts estimate that as many as 70% of Americans lead sedentary life styles, failing to get even the recommended minimum amount of daily physical activity. One reason for this alarming trend, public health experts say, is that our communities are no longer well designed for walking, bicycling or other physical activity, but instead are designed primarily for vehicular traffic.

By attending this important forum, you can assist me in developing ways to make our communities more conducive to physical activity. Please feel free to pass this invitation along to whomever else you think would be interested in attending this forum.

Thank you for your help in addressing this critical issue.

Sincerely,



James L. Oberstar, M.C.