



**With Halloween -- and all the candy that comes with it -- rapidly approaching, it's the perfect time to teach our children to make healthy eating choices and reserve treats for special occasions. You can do your part by supporting SOSMentor ShapeUp, a program that provides mentoring in nutrition and physical activity for L.A. students of all ages. Your \$10 donation enables 2 students to participate in a ShapeUp workshop. Help SOSMentor raise \$1,031 by 10/31 by donating \$10 or more today.**

**Link to donate: <http://www.crowdrise.com/sosmentortrickortreat/fundraiser/>**