



Date: May 14, 2009

For Immediate Release

**MISSOURI BOTANICAL GARDEN, SITEMAN CANCER CENTER HOST  
'HEALTHY YOU, HEALTHY PLANET FESTIVAL'**

**WHAT:** "Healthy You, Healthy Planet Festival"  
**WHEN:** Saturday, July 18, 8 a.m. to 3 p.m.  
**WHERE:** Missouri Botanical Garden, 4344 Shaw Blvd., south St. Louis  
**COST:** Included with Garden admission (\$8 adults; \$4 St. Louis City/County residents, free general admission on Wednesdays and Saturdays from 7 a.m. to noon) or membership. Free children ages 12 and under.  
**INFO:** [www.mobot.org](http://www.mobot.org); [www.siteman.wustl.edu](http://www.siteman.wustl.edu); (314) 577-9400, 1 (800) 642-8842 toll free

(ST. LOUIS): Learn how to live a healthy, green lifestyle at the **"Healthy You, Healthy Planet Festival."** Hosted by the Missouri Botanical Garden and the **Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine**, enjoy a day of healthy talks, tips, food and fun, **Saturday, July 18 from 8 a.m. to 3 p.m** at the Missouri Botanical Garden.

Work off stress by participating in fit-for-life routines, including **St. Louis' Biggest Stretch**, yoga and tai chi. Learn about healthy cooking habits, ways to prevent diseases, and the amazing power of plants through expert-led talks. Healthy foods will be available for purchase.

The Missouri Botanical Garden's Rosy Periwinkle (*Cartharanthus roseus*), a plant native to Madagascar and known to fight childhood leukemia, is an example of the healing power of plants. The Siteman Cancer Center, along with the Garden and the Donald Danforth Plant Science Center, partner on the use of plant compounds in the treatment of cancer with clinical trials underway for treating specific cancer types.

(over)

## **ADD ONE: Healthy You Festival**

“The Missouri Botanical Garden is an important part of our work at Siteman Cancer Center,” said Timothy Eberlein, MD, Siteman Cancer Center director. “Offering this event during their 150<sup>th</sup> anniversary is a special way to show the future of cancer treatment, while letting people improve their health at the same time.”

Washington University experts and physicians at Barnes-Jewish Hospital will offer free health screenings and opportunities to **“ask the expert,”** while relaxation techniques and traditional remedies will be presented along with the healing arts of horticulture therapy. St. Louis Children’s Hospital will offer fit and healthy activities for children in the **“Kids Corner,”** including face painters and an opportunity to win a Build-A-Bear Workshop gift card.

Explore the Garden’s special **“EarthWays: Living the Green Life,”** exhibit and discover technology and ideas for sustainable living. Rising from a model Earth, an abstract, towering “Tree of Life” welcomes visitors inside the Brookings Interpretive Center as the exhibition’s literal and symbolic center. Together with friends Sun, Water, Air and Dirt, the five serve as cheerful, animated character guides to the exhibit.

The **“Healthy You, Healthy Planet Festival”** is included with Missouri Botanical Garden admission of \$8. St. Louis City and County residents enjoy discounted admission of \$4 and free admission on Wednesday and Saturday mornings until noon. Children ages 12 and under and Garden members are free.

The Missouri Botanical Garden is located at 4344 Shaw Blvd. in south St. Louis, easily accessible from Interstate 44 at the Vandeventer exit. Free parking is available on-site and at two blocks west at the corner of Shaw and Vandeventer.

For general information, visit [www.mobot.org](http://www.mobot.org) or [www.siteman.wustl.edu](http://www.siteman.wustl.edu) or call the recorded event line at (314) 577-9400 or toll-free 1 (800) 642-8842.

The Missouri Botanical Garden is the oldest continually operating botanical garden in the nation, celebrating its 150th anniversary in 2009. Emerson is the presenting sponsor of the year-long sesquicentennial celebration, *Missouri Botanical Garden: Green for 150 Years*.

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**NOTE:** A digital color image is available by request. Download media materials at [www.mobot.org/press](http://www.mobot.org/press).

*The Alvin J. Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine is an international leader in cancer treatment, research, prevention, education and community outreach. It is the only cancer center in Missouri and within a 240-mile radius of St. Louis to hold the prestigious comprehensive cancer center designation from the National Cancer Institute. The Siteman Cancer Center offers the extensive expertise of more than 300 Washington University research scientists and physicians, many of whom provide care for nearly 7,000 newly diagnosed cancer patients and more than 30,000 follow-up patients each year at Siteman's main St. Louis campus and at satellite facilities in two adjacent counties. These scientists and physicians hold \$130 million in cancer research and related training grants. The results of basic laboratory research are rapidly incorporated into treatment advances, a process that is enhanced by patient access to more than 350 cancer clinical trials. In addition, Siteman's cancer screening and educational efforts touch tens of thousands of lives annually throughout the St. Louis region.*

The Missouri Botanical Garden's mission is "to discover and share knowledge about plants and their environment, in order to preserve and enrich life." Today, 150 years after opening, the Missouri Botanical Garden is a National Historic Landmark and a center for science, conservation, education and horticultural display. *Missouri Botanical Garden: Green for 150 Years.*

**The Missouri Botanical Garden is located at 4344 Shaw Blvd. in St. Louis, just south of I-44 at Vandeventer-Kingshighway (exit #287B). Open 9 a.m. to 5 p.m. every day except Dec. 25. Grounds open at 7 a.m. every Wednesday and Saturday. Admission is \$8; free children ages 12 and under and Garden members. St. Louis City and County residents are \$4 and free every Wednesday and Saturday until noon (exception: special admission rate events). Park for free on site and two blocks west at the Shaw-Vandeventer intersection. The Garden is easily accessible by taking the MetroLink commuter rail line to the Central West End station and picking up a Metro bus ([www.metrostlouis.org](http://www.metrostlouis.org)). For general information, log on to [www.mobot.org](http://www.mobot.org) or call the 24-hour recording at (314) 577-9400 or 1-800-642-8842. For membership information, call (314) 577-5118 during weekday business hours. For volunteer opportunities, call (314)-577-5187 or visit [www.mobot.org/volunteer](http://www.mobot.org/volunteer). The Missouri Botanical Garden is a tobacco-free environment.**

**(Note: A section of the I-64/U.S. 40 highway is under construction through 2009. Before traveling, check [www.thenewi64.org](http://www.thenewi64.org) for updates or visit [www.GetAroundStL.com](http://www.GetAroundStL.com) for other helpful information.)**