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Inner City Youth Celebrate National Get Outdoors Day in Shenandoah National Park
Teenagers learn about healthy living during field trip in support of Let's Move!

Washington D.C., June 16, 2011— On Saturday morning, two dozen teenagers excitedly boarded a motorcoach in front of Mary's Center, a nonprofit that provides healthcare, education and social services to in-need families in the Washington D.C. area, for an eye opening field trip to Shenandoah National Park. For some of the teens, this was their first venture outside of the city and their first chance to experience nature.

The field trip was hosted by ARAMARK Parks and Destinations, operator of Skyland Resort and other lodging and food concessions in Shenandoah National Park. Held on National Get Outdoors Day, the field trip was in support of *Let's Move!*, First Lady Michelle Obama's initiative to end childhood obesity in the United States within a generation, and to benefit the teenagers served by Mary's Center.

"Obesity is a completely preventable health issue that affects 40 percent of African American and Hispanic children in our nation," said Maria Gomez, president and CEO of Mary's Center. "For many low-income families, like the ones served by Mary's Center, access to healthy food and safe areas to play is a challenge. Through partnerships with organizations such as ARAMARK, we can give families like these the opportunity to experience the health benefits of exercise and nutritious food, teaching lessons that they can take home with them."

"Shenandoah National Park was established 75 years ago for exactly this purpose: to give city-residents the opportunity to experience the wonders of the outdoors," said Wayne Soard, Resident District Manager for ARAMARK/Skyland Resort. "It is our honor and duty to share this natural sanctuary with others. We hope that this field trip has left a lasting impression on the participants, encouraging them to explore Shenandoah and other natural spaces in the future."

Attendees at the event included Darwin Garcia and Luis Vasquez. Garcia is a 19-year-old from the Dominican Republic who lives to help others. He graduated from Cardozo High School on Friday, June 10, and aspires to live a life of service as a police officer or chef. Vasquez is an 18-year-old from El Salvador who has overcome many adversities in life including being raised by a single mother, moving to a new country and learning a new language. He aspires to become an architect, saying "the way I have constructed my life, is the way I want to construct houses".

Once they arrived at Skyland the participants were given baseball caps and were treated to a Park Ranger narration on the history and natural environment of Shenandoah National Park, followed by a short welcome from Maria Gomez and Eliot Hermanson, vice president of

operations at ARAMARK Parks and Destinations. They then embarked on a three-hour hike with Shenandoah Mountain Guides Drew and Jake Nichols to Stony Man Mountain where they burned an estimated 500 calories while learning about the park's natural history and wildlife.

After a balanced and nutritious bag lunch at the summit of Stony Man, the participants returned to Skyland and were treated to a cooking demonstration by Skyland Resort's Executive Chef Peter Bizon and Sous Chef Patrick Miller, who showed the participants two easy and healthy recipes they could make at home. Darwin Garcia assisted Chef Bizon in his demonstration. The field trip participants then enjoyed a delicious sample of the demo items. After the cooking demonstration, the teens boarded the bus, taking their new knowledge home with them to Washington D.C.

About the ARAMARK/Mary's Center Partnership

ARAMARK began its support of the Mary's Center in 2010 through its *ARAMARK Building Community* program, a company-wide philanthropic and employee volunteer program dedicated to enriching lives in local communities. ARAMARK employees have helped Mary's Center create a community garden with fresh vegetables and herbs and have educated its clients on nutrition and healthy cooking with workshops and cooking demonstrations.

This year, ARAMARK has began supporting the *Let's Move Outside!* initiative through its concession operations at Shenandoah, Olympic and Mesa Verde National Parks. ARAMARK is committed to improving the health of the community through its emphasis on local, sustainable and organic food and its outdoor activities such as guided hikes and kayak tours.

About Mary's Center

Founded in 1988, Mary's Center is a nonprofit organization based in Washington, D.C., that provides comprehensive and integrated health care, education, and social services to individuals and families whose needs too often go unmet by the public and private systems.

The Center aims to save lives and create stronger communities, one family at a time. Since its inception it has served thousands of clients whose improved lives have benefited whole families and the larger communities in which they live. Mary's Center offers high-quality, professional care in a safe and trusting environment for individuals and families from the D.C. metropolitan region, including newcomers from more than 40 countries. Learn more by visiting www.maryscenter.org

About ARAMARK Parks and Destinations

ARAMARK Parks and Destinations, a division of ARAMARK, delivers authentic and memorable experiences at national and state parks, national forests, specialty hotels, museums, and other tourist destinations throughout the United States. In partnership with its clients, ARAMARK Parks and Destinations seeks to enhance the guest experience by offering industry-leading hospitality, environmental stewardship, recreational, and interpretive programs. For more information on ARAMARK Parks and Destinations and each of its properties, visit www.aramarkparksanddestinations.com.

About Shenandoah National Park

Shenandoah National Park, in the Blue Ridge Mountains of Virginia, contains nearly 197,000 acres of land with over 500 miles of trails, including 101 miles of the Appalachian Trail. Shenandoah draws more than a million visitors a year with its rich history, unique geography and wildlife, as well as the panoramic vistas from the Skyline Drive. This National Scenic

Byway, built during the Depression era, winds along the crest of the mountains through the length of the park, providing vistas of the sweeping landscape to the east and west.

In 2011, ARAMARK is recognizing Shenandoah's 75th anniversary through numerous events and specials throughout the season. Learn more by visiting www.visitshenandoah.com.

About *Let's Move!*

Let's Move! is a comprehensive initiative, launched by the First Lady, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. By combining comprehensive strategies with common sense, *Let's Move!* is about putting children on the path to a healthy future during their earliest months and years. Its outdoor component, *Let's Move Outside!* is implemented in 50 national parks through Junior Ranger and other outdoor programs. Learn more by visiting www.letsmove.gov.