



MINNESOTA VIKINGS NEWS RELEASE

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FOR IMMEDIATE RELEASE

MINNESOTA VIKINGS PLAYERS AND ATHLETIC TRAINING STAFF TO HOST “PLAY 60” CLINIC AT CATHOLIC CHARITIES ST. JOSEPH’S HOME FOR CHILDREN

EACH PARTICIPANT TO RECEIVE “WELLNESS 10k” WRISTBAND

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Eden Prairie, MN (November 29, 2010) – On Tuesday, November 30th from 3-4 p.m. Quarterback **Tarvaris Jackson**, along with teammates **Freddie Brown**, **Everson Griffen**, **E.J. Henderson**, **Sidney Rice**, and **Viktor the Viking** will host a “Play 60” clinic at Catholic Charities-St. Joseph’s Home for Children.

Approximately 50 youth from St. Joe’s and Catholic Charities Northside Child Development Center will be led through a series of drills designed to teach the basics of football. Players will deliver a positive message to the children about the importance of perseverance and teamwork as well as stress the importance of being active.

Each participant will be amongst the first to receive a new Wellness 10k wristband donated by SPO Wellness and Brewer Sports International. The innovative wristband features a display function that continuously measures the number of daily activities against preset recommended goals of 10,000 movements per day. By encouraging increased daily mobility and overall wellness, the Wellness 10k aligns perfectly with NFL Play 60: The NFL Movement for an Active Generation, aimed at getting children active for at least 60 minutes a day.

For the third consecutive year, Vikings Athletic Training staff will participate in support of the Ed Block Courage Award Foundation. St. Joseph’s Home for Children is recognized by the NFL’s Ed Block Courage Award Foundation as serving as a “Courage House” for the Minnesota Vikings. The Ed Block Courage Award Foundation is dedicated to heightening awareness of the plight of abused and neglected children. St. Joe’s provides shelter and intake services for Hennepin County children removed from their homes due to abuse or instability.

Since 1998 the Vikings have partnered with Catholic Charities St. Joseph’s Home for Children on numerous community events. The Catholic Charities program annually assists more than 2,000 children.

St. Joseph’s Home for Children is located at 1121 East 46th Street in Minneapolis.





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THE CLINIC WILL TAKE PLACE INSIDE IN THE GYMNASIUM. Please enter the building through the gymnasium doors.

PLEASE NOTE: Catholic Charities staff have arranged for photography and interviews with some children at St. Joe's. Children who have signed releases that allow for them to be interviewed and/or their photos be taken will wear identifying nametags and will move through the stations as a group. Because federal and state laws that protect the privacy of all clients at Catholic Charities, only those children with signed releases will be allowed to be photographed. Catholic Charities communications staff will be on-site to answer questions. Thank you for your cooperation.

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