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### Healthy living: Helping teens

Article Last Updated: 07/29/2007 07:21:27 PM PDT

Raise money for counseling services for at-risk youth at the STYLE L.A. Swim & Resort fashion show presented by CUUR, an all-natural weight-loss supplement. Drink poolside cocktails, shop for and sample beauty and fashion products and watch a fashion show featuring the latest in resort swimwear. Hosted by actress Shiva Rose McDermott, the benefit for Stop the Violence/Face the Music takes place at 6 p.m. today at the Viceroy Hotel, 1819 Ocean Ave., Santa Monica. A poolside reception and fashion gallery starts at 6 p.m., and the fashion show begins at 8 p.m. General admission is \$35, VIP admission is \$100. RSVP is required for admittance. For tickets and information, call (310) 887-7077.

#### ROCKIN' KIDS:


Kids ages 10 to 15 with Type 1 and 2 diabetes can take part in a day of physical challenges and seminars at Kids Rock the World, a wellness expo that addresses teen issues associated with diabetes. Parents and guardians will also have an opportunity to learn about diabetes management in schools, legal rights for their children and the psychology of youths dealing with the disease. The event takes place from 9 a.m. to 5:30 p.m. Aug. 12, but participants must register by Sunday. The free gathering will be

held at California State University, Long Beach, 1250 Bellflower Blvd. Admission is free. For more information, call (888) 342-2383, Ext. 7504, or visit

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[www.kidsrocktheworld.org](http://www.kidsrocktheworld.org).

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**BEACHY BEAUTY:**

Summer is a season of fun, but blazing heat and humidity can take a serious toll on dry, damaged hair. Learn to tame split ends and frizz while basking at the beach at the 2007 Frizz-Ease Beat the Heat Tour sponsored by the John Frieda Collection. Visit the Frizz-Ease Cabana and meet experts behind the collection, including Frieda himself. Aside from a free hair consultation, the Frizz-Ease Cabana Boys will provide beach umbrella service, a hydration bar with ice-cold bottled water, lounge chairs to relax in and complimentary Frizz-Ease towels and flip-flops. The event takes place 8 a.m. to closing Saturday and Sunday at the Santa Monica Pier, 350 Santa Monica Pier, Santa Monica. For more information, visit [www.johnfrieda.com](http://www.johnfrieda.com).

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