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## **THE JUNIOR LEAGUE OF PHOENIX CO HOSTS PHOENIX FOOD DAY AND HEALTHFEST WITH CITY OF PHOENIX ON OCTOBER 26, 2019**

*FREE Family-Friendly Health & Wellness event that features local health resources, FREE health screenings, FREE children's immunizations, education, children's activities and fun fitness demonstrations.*

**PHOENIX – October 9, 2019** – The Junior League of Phoenix (JLP) will co host Phoenix Food Day and HealthFest event from 9 a.m. - 2 p.m. on Saturday October 26, 2019 at Cartwright Community Garden, located at 4208 N 51<sup>st</sup> Ave, Phoenix, AZ, just north of Glenrosa Ave. Phoenix Food Day and Healthfest is a free, total health and wellness event showcasing easy ways for attendees to improve their health. This event promises to bring information, resources, and education to children and families on the importance and value of living a healthy lifestyle.

This year is the inaugural year of an exciting new partnership with the City of Phoenix. Other local organizations involved include Maricopa Food System Coalition, Cartwright Community Garden, Valley of the Sun United Way, Fry's Food Stores, Vitalyst Health Foundation, Fit PHX, Milwaukee Brewers, University of Arizona College of Agriculture and Life Sciences Cooperative Extension, and Green on Purpose

This family-friendly event brings together local leaders in health and wellness, including nutrition, fitness, healthcare providers and local programs. It will include access to free health screenings, free children's immunizations, free dental screenings, Phoenix Children's Breathmobile for asthma screenings, and more. In addition, the event will feature live, interactive demonstrations for the entire family, including a Milwaukee Brewers baseball clinic, fitness, gardening, and cooking.

"The Junior League of Phoenix is committed to building a healthy Arizona through expanding access to health services and providing education on living a healthy lifestyle," said Sarah Schott, HealthFest Chair for the Junior League. "Not everyone in our community has access to these resources that many of us take for granted or even know of the resources available to them, sometimes free of charge. This event will be a fun way to not only spend a day with your family but to learn about these local health and wellness resources and healthy lifestyle choices."

### **About the Junior League of Phoenix**

The Junior League of Phoenix, Inc. is a 501(c)(3) not-for-profit organization of over 1,000 women committed to promoting voluntarism, developing the potential of women and improving the Valley of the Sun through the effective action and leadership of trained volunteers. For 85 years, JLP has invested almost \$4.1 million in the community and contributes over 75,000 volunteer hours annually. Current League programs are structured around JLP's focus area of "Building a Healthy Arizona." For more information about The Junior League of Phoenix, please visit [jlp.org](http://jlp.org).

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