



For Immediate Release

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**THE JUNIOR LEAGUE OF PHILADELPHIA, INC. SPONSORS THE SECOND ANNUAL
EMPOWERING YOU HEALTH FAIR ON SATURDAY, APRIL 5, 2014**

Ardmore, Pennsylvania - March 17, 2014-- The Junior League of Philadelphia, Inc. (JLP), in partnership with Lankenau Medical Center, is excited to announce their second annual Empowering You Health Fair on Saturday, April 5, 2014 in Lankenau's Annenberg Center. The event is free and open to the public. Attendees will be able to participate in health screenings, including blood pressure, DEXA scan, glucose, cholesterol, and BMI checks. Staff from Lankenau Medical Center and the medical community will provide interactive lectures on topics such as running fitness, allergies, diet and nutrition. Ali Shapiro, MS, CHHC, will be the keynote speaker presenting her lecture, "Truce with Food: Lose the Weight, Free Your Mind" from 11:30 a.m. to 12:30 a.m. Dynamic presenters will showcase information on healthy living and preventative care. There will be Yoga and Zumba fitness sessions to try out fun ways to get in shape as well as cooking demonstrations by Whole Foods. The Greener Partners' Farm Explorer, a mobile farm equipped with garden beds and a kitchen, will be on site to educate participants about the importance of connecting with food from seed to plate. Complimentary massages, free giveaways, and fun activities for kids will also be available at the Fair.

The event is taking place Saturday, April 5, 2014 from 10 a.m. to 2 p.m. at the Lankenau Medical Center, Annenberg Conference Center, 100 E. Lancaster Avenue, Wynnewood, PA 19096. Parking will be available in Garage/Lot A just below the main entrance of the hospital. The entrance to the Annenberg Center is just to the left of the hospital main entrance. Directions can be found at www.mainlinehealth.org/Lankenau.

The event supports the Apple a Day Healthy Living™ initiative, the Junior League's multi-tiered community initiative with the goal of creating a positive impact on the health and wellness of children in the Greater Philadelphia area. Currently, over 17 million children are food insecure, and nearly 1 in 3 children in our region live in poverty and do not know when or where they will eat their next nutritious meal. The Apple a Day Healthy Living Initiative™ is the Junior League of Philadelphia's response to this alarming community need. The Junior League **F.E.E.D.s** Philadelphia by **Facilitating** increased access to fresh produce, **Educating** children and adults to experience the connection between healthy eating and healthy living through hands-on nutrition and exercise education programs, **Empowering** individuals to become advocates for their own health and wellbeing by providing free health and wellness screenings, and **Distributing** more than 3,500 pounds of fresh produce annually in areas classified as food deserts.

Contact 1-866-CALLMLH with any questions about the event. Please visit www.jlphiladelphia.org for more information.

About the Junior League of Philadelphia

The Junior League of Philadelphia, Inc. is an organization of women committed to promoting voluntarism, developing the potential of women, and improving the community through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable.

The JLP reaches out to women of all races, religions, and national origins who demonstrate an interest in and commitment to voluntarism.

To learn about future Junior League of Philadelphia events, please visit www.jlphiladelphia.org.

The Junior League of Philadelphia, Inc. is a 501(c)(3) organization and a member of The Association of Junior Leagues International (AJLI).

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