

April 22, 2015



THE JUNIOR LEAGUE OF PHILADELPHIA, INC. PARTNERS WITH LANKENAU MEDICAL CENTER TO PROMOTE HEALTH AND WELLNESS EDUCATION IN THE GREATER PHILADELPHIA COMMUNITY

Ardmore, PA – The Junior League of Philadelphia, Inc. (JLP), in partnership with Lankenau Medical Center, hosted the third annual **Empowering You Health Fair** on Saturday, April 11, 2015 at the Health Education Center and Auditorium inside Lankenau Medical Center. The event aimed to promote healthy living awareness and provide comprehensive wellness education to empower individuals and families to take charge of their health. Free and open to the public, the health fair offered exciting activities for adults and children, light refreshments, and giveaways. Highlights of the event included health screenings, fitness sessions, and partner tables that provided interactive health and wellness tips. With over 230 people in attendance, the health fair was a resounding success.

The event is part of the Apple a Day Healthy Living™ initiative, JLP's multi-tiered community initiative with the goal of creating a positive impact on the health and wellness on people in the Greater Philadelphia area. "It is very exciting to see how much the Empowering You Health Fair has grown in only three years and we look forward to even larger numbers of attendees as this program matures," said JLP President Emily Schwarz. "We are honored to partner with The Junior League of Philadelphia to offer preventive screenings and health education to our community," said Chinwe Onyekere, "Each year, our attendance grows and we look forward to continuing to empower our neighbors to take charge of their health and wellness."

Members of the Lankenau Community Health Services team provided health screenings to attendees for cholesterol, glucose, blood pressure, DEXA scan, body mass index (BMI) checks, and Skin Scope. Oral cancer and lung capacity screenings were also available. Jean Bail, MSN, RN, conducting bone density screening stated, "We're delighted with the turn out, with seeing so many community participants. Early intervention -- while there is time to make changes -- is just so important." More than 65 community members were screened at the event. Attendees were excited to also participate in various wellness activities offered, including Zumba® (Philly Dance Fitness) and barre3 (barre3 Rosemont), chair massages (Joy Life Therapeutics) and running fitness and shoe evaluations. Craft activities for children, raffle prizes, and giveaways were also provided.

The event also featured tables from various partners including Walgreens Pharmacy (in home pharmacy needs), Montgomery County Health Department (communicable diseases), The Schiff Dental Group (Jefferson Dental Associates; oral health and oral cancer screening), SHARE Food Program (food insecurity and healthy snacks), Greener Partners (container gardening and growing nutritious foods), Bryn Mawr Running Company (running fitness and evaluations), American Heart Association – Philadelphia (heart health and wellness), Susan G. Komen – Philadelphia (cancer prevention and awareness), The Brain Injury Association of PA (brain injury prevention), Spectrum Community Health Center (community-based awareness), and Reliance Home Health Care, Inc. (age-related in-home health needs). Whole Foods Market – Wynnewood provided Mediterranean diet refreshments, nutrition information, recipes, along with cooking demonstrations for kale salad, green smoothies and more. Ruth Harp of Whole Foods Market stated, "Whole Foods is delighted to be able to partner in this exciting, innovating health fair. We've had a partnership with the JLP for several years, and this is one of my favorite events all year long. The Junior League of Philadelphia is truly interested in healthy eating, and they are wonderful to work with."

In addition, the event's keynote session "The Delicious Side of Heart Healthy" was presented by Dr. Janet Bond Brill, PhD, RD, LDN. Dr. Brill was joined by Lankenau Heart Institute cardiologists Jeffrey Wuhl, MD and Katie Hawthorne, MD for a panel discussion and audience Q&A on current medical issues.

Please visit www.JLPhiladelphia.org or contact HealthFair@JLPhiladelphia.org with any questions about the event or for more information.

About The Junior League of Philadelphia, Inc.

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

About Lankenau Medical Center

Lankenau Medical Center, a member of Main Line Health, is recognized as a national leader in advancing new options to diagnose and treat illness, protect against disease and save lives. Located on a 93-acre suburban campus just outside of Philadelphia, the 389-bed, not-for-profit teaching hospital includes one of the nation's leading cardiovascular centers; the Lankenau Institute of Medical Research, one of the few freestanding hospital-associated research centers in the nation; and the Annenberg Conference Center for Medical Education. Lankenau offers state-of-the-art services from cancer care to maternity care. Lankenau is ranked number seven in Pennsylvania and number four in the Philadelphia metro area in U.S. News & World Report's Best Hospitals, is ranked nationally for diabetes and endocrinology, and is high-performing in 11 of 16 potential categories: cancer, cardiology and heart surgery, ear, nose and throat, gastroenterology and GI surgery, geriatrics, gynecology, nephrology, neurology and neurosurgery, orthopedics, pulmonology and urology. Lankenau has achieved The Joint Commission's Gold Seal of Approval for stroke care and breast cancer care and is one of the nation's Top Performing Hospitals for heart attack, heart failure, pneumonia and surgical care. Lankenau has also been ranked for multiple years as one of the top 50 cardiovascular hospitals in the nation by Truven Health Analytics. The hospital has achieved MAGNET® designation, the nation's highest award for excellence in nursing care. For more information about Lankenau Medical Center, visit mainlinehealth.org/lankenau.

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