

FOR IMMEDIATE RELEASE

February 19, 2015



**THE JUNIOR LEAGUE OF PHILADELPHIA, INC. SPONSORS THE THIRD ANNUAL  
EMPOWERING YOU HEALTH FAIR ON SATURDAY, APRIL 11, 2015**

**Ardmore, PA** – The Junior League of Philadelphia, Inc. (JLP), in partnership with Lankenau Medical Center, is proud to announce the third annual **Empowering You Health Fair** on Saturday, April 11, 2015. This event is free and open to the public from 10 a.m. to 2 p.m. and will offer a variety of interactive activities, including:

- Health screenings conducted by members of the Lankenau Community Health Services team: cholesterol, glucose, and blood pressure screenings, Dexa scan, body mass index (BMI) checks, and Skin Scope dermatology screenings
- Barre3 and Zumba exercise classes with trained instructors
- Healthy cooking and meal planning lessons, sponsored by Whole Foods
- An introduction to tabletop gardening techniques with Greener Partners

In addition, from 11:30 a.m. to 1 p.m., JLP and Lankenau will host a panel on current medical issues featuring Dr. Janet Bond Brill, PhD, RD, LDN. Dr. Brill, who has been published in a variety of popular wellness magazines such as *Prevention* and *Woman's World*, will provide a keynote session entitled "The Delicious Side of Heart Healthy." Other speakers will include Lankenau Heart Institute cardiologists Jeffrey Wuhl, MD and Katie Hawthorne, MD.

The event will be held at the Health Education Center and Auditorium inside Lankenau Medical Center. Free parking will be available in Lot A, just below the main entrance of the hospital. Lankenau is easily accessible via SEPTA Bus 105 and the SEPTA G Bus from Overbrook Station, and driving directions can be found at [www.mainlinehealth.org/Lankenau](http://www.mainlinehealth.org/Lankenau).

The event supports the Apple a Day Healthy Living™ initiative, The Junior League of Philadelphia'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. "We are very excited for the 2015 **Empowering You Health Fair**", said JLP President Emily Schwarz. "Partnering with Lankenau Medical Center gives us the opportunity to provide important health services to all members of the community, and share our Apple A Day Healthy Living™ initiative with those that benefit the most."

"We are proud to partner with the Junior League for the third year in a row to encourage health and wellness in our community and provide families with the tools and resources they need to take charge of their health," says Chinwe Onyekere, Associate Administrator at Lankenau Medical Center. "We are continually looking for ways to disseminate health care and health education to our communities, and The Junior League of Philadelphia is an incredible resource."

Please visit [www.JLPhiladelphia.org](http://www.JLPhiladelphia.org) or contact [healthfair@jlphiladelphia.org](mailto: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](http://mainlinehealth.org/lankenau).

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