



## News from the Shelby County Mayor's Office

Mark H. Luttrell, Jr., Mayor

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All news releases can be seen at [www.shelbycountyttn.gov](http://www.shelbycountyttn.gov) in the News Release Listing

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### Mayor Luttrell Hosts Healthy Shelby 5K and Festival to Promote Healthy Lifestyles

Shelby County Mayor Mark H. Luttrell, Jr., will host the 2<sup>nd</sup> Annual Healthy Shelby 5K Run/Walk and Family Festival to raise awareness for healthy lifestyles. The June 28<sup>th</sup> event starts at 8 a.m. on North Pine Lake Drive near the Mullins Station Road entrance to Shelby Farms Park. There will also be a health vendor fair, music, and more.

**"This 5K run/walk is a great way to encourage physical fitness and educate our citizens about the importance of maintaining their overall health. Last year's event was a great success focusing on efforts to reduce infant mortality. This year, all proceeds will go towards hypertension awareness and prevention programs,"** said Mayor Luttrell.

The event will also acquaint people with the **Healthy Shelby** initiative, a healthcare alliance that began last year to improve the health of Shelby County citizens and reduce the treatment costs of some diseases.

**"It's vital we get these important messages to our citizens to help them prevent strokes and other medical conditions caused by high blood pressure. We thank Mayor Luttrell for supporting this life-saving work,"** said Dr. Kenneth Robinson, chairman of Healthy Shelby.

Citizens may attend the festival and health vendor fair at no charge. Here are the costs to participate in the Healthy Shelby 5K Run/Walk:

	Pre-Event	Day of Event
5K Run/Walk	\$20	\$25
1 Mile Walk	\$15	\$15
5K Shelby County Employee	\$15	\$25
Spirit Runner	\$10	\$10
1 Mile Walk Shelby County Employee	\$10	\$15

For more information about the event or how your organization can partner, please go to [www.healthyshelby5kandfestival.raceonline.com](http://www.healthyshelby5kandfestival.raceonline.com) or call Elyse Lovelace, Shelby County Government's Employee Benefits Wellness Coordinator at (901) 222-2345.

Special Thanks to Regional One Health for being a Healthcare Champion Sponsor



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