



## News from the Shelby County Mayor's Office

Mark H. Luttrell, Jr., Mayor

Suite 850, 160 North Main, Memphis, Tennessee 38103

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

Public Information Officer: Steve Shular  
Office (901) 222-2047, Cell (901) 359-5117, Fax (901) 222-2005

June 1, 2015



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

Shelby County Mayor Mark H. Luttrell, Jr., will host the *Third Annual Healthy Shelby 5K Run and One Mile Walk* to raise awareness for healthy lifestyles. The June 27<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, DJ with live music, a bounce house, dunk tank, an appearance by Rocky the Redbird and much 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 we raised \$21,730 for hypertension awareness. This year, proceeds will be used for awareness campaigns about infant mortality, various chronic diseases and end of life care issues, all of which affect the healthcare industry in Shelby County,"** said Mayor Luttrell.

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

**"It's vital we get these important health messages to our citizens. We thank Mayor Luttrell for supporting this lifesaving 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.healthyshelby5k.racesonline.com/](http://www.healthyshelby5k.racesonline.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



(End of Release)