



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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MAYOR LEE HARRIS ANNOUNCES FINAL 2019 HEALTHYSHELBY EVENT

One year of promoting healthy living in Shelby County culminates with nutrition presentation to Shelby County Commissioners. Programming continues with healthyShelby'20.

MEMPHIS, TN – The first year of Shelby County Mayor Lee Harris' health and fitness campaign is coming to a close with the final healthyShelby'19 event. Just in time for New Year Resolution planning, nutrition educator and cookbook author Kate Lyman will give some simple tips and methods on how to keep health and fitness resolutions in a presentation to the Shelby County Commission.

Health and Wellness Tips for the New Year

Kate Lyman, Nutrition Educator

Author, Dinner Party

160 North Main, Commission Chambers

December 9, 2019 at 3:00pm

“I am looking forward to hearing a few tips to help keep New Year's Resolutions around health and wellness,” says Shelby County Commission Chairman Mark Billingsley. “I am thrilled to have nutrition educator Kate Lyman speak to the Shelby County Commission, staff, and all the residence in attendance and listening online.”



“Our healthyShelby’19 programming was built around a strong foundation of collaboration,” says Mayor Harris. “I look forward to continuing to work with health, wellness, and greenspace advocates in our community. The upcoming healthyShelby’20 will stay true to our goal to create a healthier Shelby County for all.”

“There is an overwhelming amount of nutrition and fitness information available to us. As a result, we are often caught in a cycle of always trying the next new diet or workout fad,” says nutrition educator and cookbook author Kate Lyman. “Gaining an understanding of the basics of nutrition helps us set goals we can actually achieve and make changes we can maintain.”

Throughout 2019, Mayor Harris focused on increasing awareness for healthy choices with the healthyShelby’19 campaign. Areas of focus include nutrition, physical fitness, and mental health and stress management. The target audience is Shelby County Commissioners, residents, and employees.

The healthyShelby’19 programming kicked off with a vegan lunch for Commissioners, Commission guests, and members of the media. Presentations about the power of breath and mindfulness and a bootcamp in the County Building lobby followed.

Throughout the year, Shelby County residents took part in several Move with the Mayor events: a walk through the Wolf River Conservancy Epping Way Trail, an Explore Bike ride through downtown, and the healthyShelby5K in Shelby Farms. Shelby County was proud to unveil an Explore Bike Station at the County Building.

A highlight of the healthyShelby’19 efforts was collaborating with the Shelby County Commission, Memphis Grizzlies, and Shelby County Health Department on installation of a Mamava Breastfeeding Pod in FedExForum. This pod has been so successful the Mayor’s Office and the Health Department will look for other Shelby County Assets where breastfeeding support is needed as apart of healthyShelby’20.

“It is exciting to be able to support mothers and babies at FedExForum, one of our busiest attractions,” says Shelby County Commissioner Brandon Morrison. “Research shows that breastfeeding is not only the healthiest option for infants, but actually saves on future health related costs for both mother and baby.”



“It takes a village to raise a baby,” says Shelby County Commissioner Tami Sawyer. “I was thrilled to support a lactation station at FedExForum so the women of Shelby County know we’re standing with them.”

“The best health initiatives are the ones that go out to where the people are,” says Shelby County Commissioner Reginald Milton, former Chairman of the Hospitals and Health Committee. “I am proud to see that we are able to make a difference for the thousands of Shelby County mothers who visit FedExForum every year.”

Other healthyShelby’20 programming will include a Move with the Mayor walk, ride, and the 5K run. Policy work of the healthyShelby Board will also be a focus of healthyShelby’20

“Shelby County is a great place to live, learn, work, play, and worship,” says Shelby County Health Department Director Alisa Haushalter. “Creating a culture of health to improve the health of our community requires focusing on making health a shared value, fostering partnerships, creating healthier, more equitable communities as well as strengthening the integration of health services and systems. Through healthyShelby, Mayor Harris has served as a leader and champion for creating a culture of health in Shelby County. I look forward to continuing our journey in 2020 and beyond.”

Work with the healthyShelby Board is focused on identifying policies that all the large health partners can work on jointly. The goal of the healthyShelby Board is to ensure that health-related initiatives will make a real impact for the people of Shelby County. The healthyShelby board is comprised of President and CEO of St. Francis Tenet Healthcare Dr. Audrey Gregory, CEO of Church Health Dr. Scott Morris, President and CEO of Baptist Medical Health Care Corporation Jason Little, President and CEO of United Way Mid-South Dr. Kenneth Robinson, President and CEO of Methodist Le Bonheur Healthcare Dr. Michael Ugwueke, President and CEO of Regional One Health Dr. Reginald Coopwood, Shelby County Public Information Officer Lauren Lee, and from the Shelby County Health Department Director Alisa Haushalter and Cynthia Nunnally.

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