



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

Vasco A. Smith, Jr., Administration Building
11th Floor, 160 North Main, Memphis, Tennessee 38103

FOR IMMEDIATE RELEASE

MARCH 5, 2020

Lauren Lee
Public Information Officer
Office: 901.222.2322
Mobile: 901.481.3422

MAYOR LEE HARRIS TO VISIT TO GRAHAMWOOD YOGA CLUB TODAY

The visit is to raise awareness around prevention of childhood diabetes as part of the healthyShelby'20 programing and to honor Grahamwood PE Teacher Andy Martin.

MEMPHIS, TN – Mayor Lee Harris aims to increase access and awareness for healthy choices with the healthyShelby'20 campaign. This year, a special emphasis will be placed on awareness and prevention of childhood diabetes. The first event will highlight the exceptional work of Coach Andy Martin, the Physical Education teacher at Grahamwood Elementary. Coach Martin has gone above and beyond in creating programs that keep the students moving, including a run club, yoga club, and skating club.

According to the Centers for Disease Control, being physically active lowers the risk for type 2 diabetes because it helps the body use insulin better and can result in weight loss. The CDC also reports that being overweight is closely tied to diabetes and estimates one-third of children are overweight.

Yoga Club at Grahamwood Elementary
3950 Summer Avenue Memphis, TN 38122
March 5, 2020 3pm - 4pm

(end of release)