



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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FOR IMMEDIATE RELEASE

JULY 31, 2019

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MAYOR LEE HARRIS ANNOUNCES HEALTHYSHELBY 5K

Proceeds from the healthShelby5K will be prioritized for public support of breastfeeding.

MEMPHIS, TN – Mayor Lee Harris is excited to announce the healthyShelby 5k to take place at Shelby Farms Park on September 7, 2019. The healthyShelby ‘19 campaign is focused on healthy eating, physical fitness, and mental health and wellness. The theme for this year’s 5K is “healthy eating from birth.” All proceeds from the race will go toward public awareness regarding good health and the benefits of breastfeeding.

healthyShelby 5K Run/Walk and One Mile Walk

September 7, 2019

8AM

Shelby Farms Park

To register, go to healthshelby5k.racesonline.com.

Mayor Harris is training to run the 5k and encourages all Shelby County employees and citizens to sign-up to run or walk the 5K or one mile walk. There will also be a health fair and activities for children.



“We want to raise awareness for getting out and moving in the great public green spaces in Shelby County,” says Mayor Harris. “No matter their fitness level, I hope citizens will join in this great event at one of the county’s most prized assets, Shelby Farms Park.”

“One of the gems of our community happens to be in my district, Shelby Farms,” says Commissioner Michael Whaley. “I am thrilled to support any event that highlights green spaces like Shelby Farms. The more people using these unique community features, the better.”

“I hope every Shelby County resident will try to move every day,” says Shelby County Commissioner Brandon Morrison. “I look forward to participating in the 5K and raising awareness of all the ways to enjoy physical activity in Shelby County. I am a huge proponent of breastfeeding so it is exciting to participate in a race that supports mothers and babies.”

“Building upon a strong foundation of collaboration, the Shelby County Health Department looks forward to working closely with Mayor Harris to create a healthier Shelby County for all,” says Director Haushalter.

“We are thrilled to see healthyShelby focus on healthy eating from birth for this year’s 5K event,” says Dr. Allison Stiles, Chair of the Shelby County Breastfeeding Coalition. “We are always looking for ways to support mothers and babies in their breastfeeding journeys.”

Participation in the 5K is \$25. The One Mile walk is \$15. To register, go to healthyshelby5k.racesonline.com.

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