



JUNIOR LEAGUE OF SAVANNAH

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FOR IMMEDIATE RELEASE

Junior League of Savannah Hosting 7th Annual Fit Kids Fest Presented by Memorial Health

Annual event promotes wellness for K-12 students

SAVANNAH, Ga., February 15, 2019 -- The Junior League of Savannah will host its 7th Annual Fit Kids Fest presented by Memorial Health on Saturday, March 2, 1-4 p.m., at Savannah State University, 3219 College Street. One of the year's most anticipated FREE community events, Fit Kids Fest teaches the importance of growing a fit body and mind through a fun and interactive day designed for children of all ages and their parents. Together, we can improve health awareness and encourage children to lead a healthier, happier lifestyle.

"The Junior League of Savannah believes that if K-12 students are educated and exposed to a variety of healthy practices, they can find the best fit for them and promote new generational trends throughout their family, friends, and community." - Kellie Fletcher, Fit Kids Fest Chair 2019

This engaging event promotes overall wellness for K-12 students and introduces participants to academic resources in the community, in addition to teaching how to make healthy choices and live an active lifestyle. Activities include tips on making healthy meals and snacks, hands on activities, potato sack races, live fitness demonstrations, stage performance, face painting, soccer drills, exercises and other fun ways to get moving, as well as exploring resources for strengthening the mind.

The Junior League of Savannah, founded in 1926, is an organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. Its purpose is exclusively educational and charitable. Currently the Savannah League has nearly 900 members that are working to improve the lives of women, children and families in Savannah and the surrounding areas. To learn more visit: <https://www.jrleaguesav.org>.

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