



JUNIOR LEAGUE OF SAVANNAH

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FOR IMMEDIATE RELEASE

Junior League of Savannah Presents 6th Annual Fit Kids Fest

Annual event promotes wellness for K-8 students

SAVANNAH, Ga., Feb. 6, 2017 -- The Junior League of Savannah will host its 6th Annual Fit Kids Fest on Saturday, March 3, 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 is focused on improving the academic achievement of K-12 students and we are excited about offering an event that promotes physical and academic health".

- Melissa Jackson, President of Junior League of Savannah 2017/2018

This engaging event promotes overall wellness for K-8 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, exercise 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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