

FOR IMMEDIATE RELEASE

Monday, March 25, 2019

Media Contact:

Shannon Wiggins
Public Information Officer
404.270.7126 (office)
470.382.8501 (cell)
swiggins@EastPointCity.org

MAYOR
Deana Holiday
Ingraham

**COUNCIL
MEMBERS**

Ward A
Sharon D. Shropshire
Alexander Gothard

Ward B
Karen René
Thomas Calloway

Ward C
Nanette Saucier
Myron B. Cook

Ward D
Joshua B. Butler, IV
Stephanie Gordon

CITY MANAGER
Frederick Gardiner

Mayor Ingraham Promotes Healthy Living through 90-day Health Initiative “The Healthy Point”

EAST POINT, GA.- The City of East Point continues to promote an active and healthy lifestyle in the City in the second year of its 90-day health initiative known as “The Healthy Point.” This initiative, championed by Mayor Deana Holiday Ingraham, aims to increase healthy lifestyle choices of East Point residents and create a more active and connected community. This year’s initiative will include more prizes, multi-generational physical and educational activities on our journey to increase healthy lifestyle choices.

“Our health is truly our wealth and it’s important that we work together to be a healthier City,” said Mayor Deana Holiday Ingraham. “This is an opportunity to expose residents to health services, resources, food and activities provided in the great City of East Point. I am excited for another opportunity to walk side-by-side with residents, Council, and staff to accomplish our health goals.”

This year’s free kick-off event will be held on **Saturday, March 30, 2019, at the John D. Milner Athletic Complex, located at 3009 Randall Street, at 9:00 a.m.** Kick-off participants will enjoy a live remote and giveaways by Headcrack from 107.9, an aerobics warm-up followed by a two-mile walk around the park with Mayor/Council. Additionally, participants will receive “The Healthy Point” t-shirt and passport and have the opportunity to meet health-conscious organizations that will showcase their products/services and share information with residents about healthy options in the City.

During this 90-day health initiative, which will run from March 30, 2019 to June 29, 2019, participants will have the opportunity to workout with Mayor/Council up to three times a week, attend healthy movie nights, participate in cooking classes, enjoy cooking demonstrations with celebrity chefs, attend free aerobics and yoga classes, and are encouraged to support the East Point Farmers Market and participate in several run/walks throughout the City. To showcase our health movement, participants can upload pictures of themselves at health events in the City on social media using the hashtag #TheHealthyPoint.

Registered participants will be given “The Healthy Point” Passport to track their health goals and participation in “The Healthy Point” activities to earn various incentives/prizes. To complete the free online registration for this exciting initiative, visit <http://bit.ly/TheHealthyPoint2019>

The City of East Point greatly appreciates our title sponsor, Cigna, as well as WellStar Atlanta Medical Center South, the Aerotropolis Community Improvement Districts, The Vault and ARCHI for sponsoring “The Healthy Point.” We are also honored to have the East Point Farmers Market, Fulton County UGA Extension Office, and Truly Living Well partnering with us again this year.

Office of Communications

1526 E. Forrest Ave. Ste. 400 East Point, Georgia 30344 | 404-270-7126 | www.eastpointcity.org



###

About The City of East Point

The City of East Point is approximately 14.7 square miles with a population of over 33,000. Located southwest of Atlanta, East Point is conveniently located minutes away from Hartsfield-Jackson International Airport. This quaint urban community's prime location, numerous retail, and great restaurants make it an attractive place for a "live-work-play-shop" environment. For more information about the City of East Point visit www.eastpointcity.org. Also like us on Facebook at www.facebook.com/cityofeastpoint/ and follow us on twitter @cityofeastpoint, snapchat @cityofeastpoint, or instagram @cityofeastpoint.

