

## Community, health and fun come together at Movin' for LIFE events

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The Movin' for LIFE Ninth Ward Family Health Fair will take place from 10 a.m. to 3 p.m., Sat., Aug. 12, at St. Mary of the Angels Church Gym, 3501 N. Miro St.

[Tulane Prevention Research Center's](#) *Movin'* for LIFE program will host a 5K run-and-walk and family-focused health fair with community partners in the Ninth Ward later this summer to help residents jumpstart healthy lifestyle habits.

The [Movin' for LIFE](#) (Lasting Improvement for Fitness and Energy) [Ninth Ward Family Health Fair](#) will take place from 10 a.m. to 3 p.m., Sat., Aug. 12, at St. Mary of the Angels Church Gym, 3501 N. Miro St. The event, which is free and open to the public, is designed for families to have fun, learn about healthful eating, sample flavorful healthy foods, dance to music, engage in activity courses and play games for prizes.

The *Movin' for LIFE* [Ninth Ward 5K Run/Walk](#) is scheduled for 8 a.m. to 12 p.m., Sat., Sept. 9. The free event will start and finish at Oliver Bush Playground and Park at 2500 Caffin Ave. The Treme Brass Band will kick off race day festivities. Music, food and drinks will be available after the race. Participants registering with two to three generations from their family will get special awards, and all registered participants will get T-shirts.

“At the two big *Movin' for LIFE* events this summer, we are anticipating that having a really fun time can be associated with healthy living,” said Carolyn Johnson, Tulane PRC director.

The events are part of the Tulane PRC's five-year [Movin' for LIFE program](#), a community-based health promotion program in the Upper and Lower Ninth Ward, that uses a variety of strategies to encourage active and healthy lifestyles, such as cooking classes, community walks, dance classes, coalition meetings, and promotion of existing resources in the Ninth Ward neighborhoods through social media, flyers at program champions' local establishments, and outdoor and online advertising.

For more information about both events, visit [movin4life.org](http://movin4life.org) or call 504-988-4188.