



NEWS RELEASE

May 14, 2008

FOR IMMEDIATE RELEASE

CONTACT: Jackie Jones @ (615) 862-8400 ext. 304
Barry McAlister @ (615) 862-8400 ext. 320

FREE HEALTH DAY AT HARTMAN OFFERS FREE SCREENINGS & HEALTHY FUN

Nashville, TN- The Hartman Park Regional Center is the healthy place to be on May 31st, as Metro Parks offers "Health in the Park Day". Together with partners City of Life, Meharry Medical College, the Community Health Initiative and AmeriChoice, Hartman is offering a day that will include a walk-a-thon, exercise clinics, free giveaways, health information booths, a tennis clinic, free health screenings, free entertainment and a fun "fitness kids zone," from 9:00 a.m. to 2 p.m. at the Hartman Park Regional Center at 2801 Tucker Road.

"The slogan for Health in the Park Day is 'Be a Witness, Stand Up for Fitness'," says Center Director Gernell Floyd. "The purpose of this special day is to raise awareness of minority health disparities, provide health screenings and engage the community in healthy fun activities."

Health in the Park Day was made possible through grants from the Tennessee Department of Health to the City of Life Community Development Corporation and their *Life...More Abundantly Program*. This program not only arranges health screenings and health fairs, it also helps churches develop health education ministries focusing on eliminating health disparities in African American and Hispanic communities. The City of Life Development Center reached out to natural partners like Meharry Medical College and Metro Parks and Recreation who have a longstanding history of providing health and wellness activities and services to the community.

Children's activities will include an obstacle course, a basketball clinic, a variety of sports clinics, and a youth tennis clinic put on by the Hadley Park Tennis program. There will also be a schedule of free entertainment for the day. The lineup and schedule of times will be available soon on-line at www.nashville.gov/parks and at Hartman.

An important element of the day's events is Meharry Medical College's health screenings. Three of the top health concerns that will be covered by the screenings are cholesterol, diabetes, and blood pressure. During *Health in the Park Day*, the screenings are free, and information on these and more issues will be available to help participants learn how to deal with and help prevent unwanted conditions. Meharry will also staff several health information booths that day.

Meharry Medical College is the nation's largest private, independent, historically black academic health center dedicated solely to educating minority and other health professionals. The College is particularly well known for its uniquely nurturing, highly effective educational programs; emerging preeminence in health disparities research; culturally sensitive, evidence-based health services; and significant contribution to the diversity of the nation's health professions workforce.

The Community Health Initiative (CHI) will be providing several hundred bottles of water and glucose meters to the public as giveaways during the Hartman Park Community Health Fair. CHI's mission is to improve the overall health and wellness of our communities through education combined with the most cost-effective

services available. The mail order pharmaceutical company is based out of Nashville, TN and provides discounted products such as prescriptions, natural vitamins, self-help books and healthy cooking DVDs that are delivered to the front doors of its customers for no additional charge. (For more information, visit their website at www.communityhealthinitiative.org.)

Americhoice is providing funding for the event in order to promote health and wellness in the communities they serve. They provide health coverage for people on Medicare and Medicaid, and will be the Managed Care Organization forTennCare recipients in 2009.

The Hartman Park Regional Center is just one of four Metro Parks Regional Community Centers. The facility provides programs and services for all ages in the community. Hartman Park has a state of the art fitness center, indoor pool, meeting rooms, gymnasium, and indoor track. Fitness classes are offered for adults in the community and after school programs/summer enrichment programs are offered for youth. The popular park is also the home of the Whites Creek Greenway. The Hartman Park Community Center prides itself as "*The Place Where Everyone Plays Together*".

For more information, call the Hartman Park Regional Center at 862-8479 or visit Metro Parks' website at www.nashville.gov/parks.

The Metro Board of Parks and Recreation does not discriminate on the basis of age, race, sex, color, national origin, or disability in admission, access to, or operations of its programs, services, or activities.

For TTY (relay service), call 1-800-849-0299. For questions, concerns, or requests regarding the American Disabilities Act call 862-8400.

The Parthenon • Wave Country • Warner Park Nature Center • Two Rivers Mansion • Centennial Sportsplex • • Centennial Art Center • •Hamilton Creek Sailboat Marina • The Greenway Commission • Metro Beautification & Environment Commission • •Centennial Arts Activity Center •

•www.nashville.gov/parks•