



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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FOR IMMEDIATE RELEASE

SEPTEMBER 6, 2019

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MAYOR LEE HARRIS' HEALTHYSHELBY 5K TAKES PLACE TOMORROW

Proceeds from the healthShelby 5K will be prioritized for public support of breastfeeding.

MEMPHIS, TN – Mayor Lee Harris encourages participation in the healthyShelby 5k and One Mile Walk. The healthyShelby '19 campaign is focused on healthy eating, physical fitness, and mental health and wellness. The theme for this year's 5K is "healthy eating from birth." All proceeds from the race will directly benefit the public health priority, breastfeeding support.

healthyShelby 5K Run/Walk and One Mile Walk

September 7, 2019

8AM

Shelby Farms Park

To register, go to healthshelby5k.racesonline.com.

Mayor Harris is training to run the 5k and encourages all Shelby County employees and citizens to sign-up to run or walk the 5K or one mile walk. There will also be a health fair and activities for children.

(end of release)