



## **THE JUNIOR LEAGUE OF BALTIMORE, INC.**

*Women building better communities*

### **PRESS RELEASE**

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### **JUNIOR LEAGUE OF BALTIMORE HOSTS 11<sup>TH</sup> ANNUAL HEALTH FAIR IN HAMPDEN** *Sponsored by MedStar Health*

(Baltimore, MD) The Junior League of Baltimore is joining with MedStar Health, Union Memorial Hospital, and the Hampden Family Center to provide wellness, safety, and nutritional information for the Hampden community at a health fair on Saturday, April 19<sup>th</sup> from 11:00am until 2:00pm at the Hampden Family Center, located at 1104 W. 36<sup>th</sup> Street in Hampden. Residents of all ages are encouraged to attend.

For many residents, this annual Health Fair is the only opportunity to receive free and necessary health screenings and also serves to reinforce a healthy lifestyle for families. With our effort to provide one of the only sources of health care and health information available to many Hampden residents, the Junior League of Baltimore intends to empower residents to improve their own well being.

Union Memorial Hospital will provide health information and screenings related to Cardiovascular Services, Stroke Prevention, Blood Pressure, Nutrition, Diabetes, Orthopedics, Smoking Cessation, and Cancer Support. Other complementary health providers and vendors will include the House of Ruth, TurnAround, Maryland Poison Control, Baltimore City Department of Social Services, Hampden Family Chiropractic, and the Living Legacy Foundation, as well as the Baltimore City Fire and Police Departments. All attendees will be encouraged to participate in the vendor health stations by completing a "Passport to Health" card, which will be entered into a raffle to be called that day.

While adults explore the various health stations, children are encouraged to participate in interactive nutrition and fitness stations and view a special puppet show by the Blue Sky Puppet Theatre.

The Junior League of Baltimore, in conjunction with the Greater Hampden Coalition, developed the Hampden Family Center in June 1995. Programs and services include General Equivalency Diploma (GED) courses, computer skills training, after-school and tutoring programs for school-age children, a teen program for girls, luncheons for senior citizens, and individual and family counseling. The mission of the Hampden Family Center is to enrich the lives of Hampden residents through education and professional support, and to encourage individual growth and community fellowship. For more information about the Hampden Family Center, visit [www.hampdenfamilycenter.org](http://www.hampdenfamilycenter.org).

The Junior League of Baltimore is a 501(c)3 nonprofit organization of women committed to promoting voluntarism, developing the potential of women, and improving communities through the effective action and leadership of trained volunteers. League members have initiated many programs and projects which have become Baltimore institutions: the Ronald McDonald House, Parents Anonymous of Maryland, the Waxter Center for Senior Citizens, Pets on Wheels, Santa Claus Anonymous and the Hampden Family Center. Current Junior League of Baltimore projects focus on Education and Family Life Skills in the neighborhoods of South Baltimore and Hampden. With a mission-driven emphasis on training volunteers and developing the potential of women, the Junior League has touched not only the Baltimore community it serves, but also the thousands of women who have been members. For more information about the Junior League of Baltimore, please visit <http://www.jlbalt.org>.

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