SAINT MARK UNITED METHODIST CHURCH
1525 N. LORRAINE STREET, WICHITA, KS 67214 | (316) 681-2214

A Place of Possibilities and Transformation

PRESS RELEASE

MEDIA CONTACTS: Toska Medlock Lee, CMP

214.729.6144

Ambassador for First Lady Michelle Obama's "Let's Move Initiative" Makes Stop at Annual Community Day

Wichita, KS – July 18, 2011 – E.C. Tyree Health & Dental Clinic, a 501c3 not for profit organization will host the nation's #1 Inspirational Fitness Guru and council member for the President's Council for Fitness, Sports and Nutrition during a 2-day Community Festival. Donna Richardson Joyner will take part in the Annual Community Day & Back to School Festival themed, "Let's Move Wichita" on Friday and Saturday, July 29th and 30th.

Richardson Joyner will inspire during a community conversation on health & fitness at 7 p.m. Friday and will lead the city's largest work-out class during Community Day on Saturday, July 30. All activities will take place on the campus of Saint Mark UMC, 1525 N. Lorraine Street and will kick off at 8 a.m. with the Annual Race/Run. The annual event is know for helping families and children as they prepare to return to school by providing free school supplies, free haircuts, back to school physicals, dental screenings and immunizations, and more.

"This year we are challenging Wichita to MOVE, said Senior Pastor Junius Dotson. The health and wellness of our families, and especially our children, are of major concerned. "From the White House to the Church House, we have started to make monumental changes on how we teach and encourage our community to living healthy," Dotson said.

The festivities kicks off with the Annual Heel to Heal 2K Race/Run @ 8 a.m. followed by a day of fun for the entire family including a live radio remote, the largest aerobics "Get Move" class, entertainment and much more. All events are free and open to the public, however, there will be a small fee for some health screenings.

The Heel to Heal 2K Race/Run will involve seasoned runners and beginners, children and adults. Proceeds from the race benefits the E.C. Tyree Health and Dental Clinic, an anchor ministry of Saint Mark Church.

"Our weekly exercise class Zumba has almost 100 participants, added Dotson. So, Let's Move Wichita!"

ABOUT DONNA RICHARDSON JOYNER: Joyner has the #1 Inspirational Fitness Infomercial in America "Body Gospel." Donna is the only council member who served under President Bush and now President Obama on the President's Council for Fitness, Sports and Nutrition. She is the ambassador for First Lady Michelle Obama's "Let's Move Initiative." Donna was the former co-host for the "ESPN Fitness Pro's Show" and fitness expert with the "NBC Weekend Today Show." R

ABOUT the E.C. Tyree Health & Dental Clinic: The E.C. Tyree Health & Dental Clinic is a ministry of Saint Mark United Methodist Church and is celebrating 25 years of commitment and service to the community. The clinic provides quality health and dental care for the underserved and uninsured. Last year the clinic served more than 8000 families each year.

ABOUT Saint Mark UMC: Celebrating more than 100 years, in ministry, Saint Mark is the largest African-American Church in the state of Kansas with more than 3500 members. The Church is one of the most ethnically diverse congregations in Wichita and is known throughout the community as a place of possibilities and transformation.