



**Media Contact**

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## NEWS RELEASE

### City Presents “Healthy Hinesville”, a Health and Wellness Campaign

**HINESVILLE, Ga. (May 10, 2019)** – The City of Hinesville is pleased to announce the launch of Healthy Hinesville, a health and wellness campaign for Hinesville residents to get healthy in our community through events, community partnerships and education.

The Healthy Hinesville campaign will center on connecting Hinesville residents with the resources available to them in the arena of health and wellness. This could be gyms and fitness studios, medical resources, recreation and more. Additionally, Hinesville residents will have several platforms to follow the campaign, including the City’s website and social media accounts, as well as social media accounts on Facebook, Twitter and Instagram for the campaign itself.

On the City of Hinesville website ([cityofhinesville.org](http://cityofhinesville.org)), Healthy Hinesville will be listed under the Residents tab and feature a variety of resources for participants. Visitors to the page will be able to read a bi-monthly blog, view an event calendar, get tips on getting healthy and see campaign sponsors.

What’s a health and wellness campaign without health and wellness events? Healthy Hinesville has a full calendar from May 2019 – June 2020 and we are just getting started. Check out our current 2019 – 2020 season calendar:

**Saturday, May 11: WomenHeart Hinesville 5k and Health Fair**, held in partnership with HPD’s Safe Kids Day, from 8 – 11 a.m. at Bryant Commons Park. Details at [cityofhinesville.org](http://cityofhinesville.org).

**Saturday, June 8: Yoga in the Park** beginning at 8 a.m. at the James Brown Park Pavilion. This event is free and open to the public.

**Thursday, June 20: World’s Largest Swimming Lesson**, held in partnership with the Liberty County / Armed Services YMCA and Liberty County Recreation Department, will feature free swimming lessons for local residents at various times throughout the day at the YMCA and LCRD facilities. Registration for this event will begin on Monday, May 20 and space is limited. Email Whitney Morris – Reed at [wmorrisreed@cityofhinesville.org](mailto:wmorrisreed@cityofhinesville.org) with questions.

**Saturday, June 22: Going Nowhere Fast Triathlon**, held in partnership with the Liberty County Armed Services YMCA as a part of their annual giving campaign. Participants will



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register for waves staggered every 30 minutes beginning at 8 a.m. The race will be held onsite at the YMCA. The cost to participate is \$30 (with a t-shirt guaranteed) if registering before June 8 and \$40 (t-shirt **not** guaranteed) if registering from June 9 – 15. Registration will be online only on the YMCA's [website](#). Details will be published on Monday, May 20.

**Saturday, September 28: Zumbathon**, held in partnership with the Liberty County Recreation Department. This 80s – themed event features 90 minutes of non-stop dancing fun led by local instructors, along with a costume contest – complete with prizes! Come dressed in your favorite 80s gear and enter our costume contest at 8:45 a.m. Dancing will be from 9 – 10:30 a.m. Details at [cityofhinesville.org](http://cityofhinesville.org).

**Saturday, October 5: Monster Mash Dash 5k and Fun Run**, held as a fundraising event for the Mayor's Christmas Motorcade. This event will be held in downtown Hinesville at 8 a.m. Participants are encouraged to come dressed in their best Halloween – themed costume; because once the races are over we will announce the Best Dressed Runners (1<sup>st</sup> – 3<sup>rd</sup> place). The 1-mile Fun Run will begin at 7 a.m. and the 5k will begin at 8 a.m. Details for this event and registration will be published on Friday, July 5.

**Saturday, February 15, 2020: Zumbathon**, held in partnership with the Liberty County Armed Services YMCA. Join us for our second Zumbathon in honor of Cardiac Rehab Week 2020! This time, we're going to the red carpet and doing a movie theme! This event features 90 minutes of non-stop dancing fun led by local instructors, along with a costume contest – complete with prizes! Come dressed as your favorite movie character and enter our costume contest at 8:45 a.m. Dancing will be from 9 – 10:30 a.m. Details at [cityofhinesville.org](http://cityofhinesville.org).

**Friday, June 20, 2020: Glowga at the YMCA**, held in partnership with the Liberty County Armed Services YMCA. Join us for black light yoga – also known as Glowga! Break out the yoga mats and body paint for this yoga marathon with local instructors at the YMCA from 7 – 9 p.m. We will have free body paint and a chance to meet instructors from 7 – 7:30 p.m. and yoga will be from 7:30 – 9 p.m. Details at [cityofhinesville.org](http://cityofhinesville.org).

Interested in becoming a sponsor for Healthy Hinesville? Contact Whitney Morris – Reed at [wmorrisreed@cityofhinesville.org](mailto:wmorrisreed@cityofhinesville.org) or 912.408.3569.

Healthy Hinesville is a program created by the City of Hinesville and proud to partner with the Liberty County / Armed Services YMCA and the Liberty County Recreation Department for this endeavor. To learn more about the Liberty County / Armed Services YMCA, visit their website at [ymcaofcoastalgeorgia.org](http://ymcaofcoastalgeorgia.org). To learn more about the Liberty County Recreation Department visit their website at [lcrd2.homestead.com](http://lcrd2.homestead.com). To learn more about Healthy Hinesville, visit



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**ABOUT THE CITY OF HINESVILLE:**

The [City of Hinesville](http://City of Hinesville) was established in 1837 and is recognized as one of the fastest growing cities in the State of Georgia in both size and population. As the largest city in Liberty County, it serves as the county seat and is home to more than 35,000 people. For more information, visit [cityofhinesville.org](http://cityofhinesville.org).

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