



FOR IMMEDIATE RELEASE
September 8, 2017

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**THE MIDNIGHT MISSION HOSTS 3RD ANNUAL HEALTHY LIVING FAIR SPONSORED BY NESTLÉ
TO COMMEMORATE NATIONAL RECOVERY MONTH**

On Friday, September 15, from 8:00 am to 1:00 pm, The Midnight Mission (TMM) will host our 3rd Annual Healthy Living Fair sponsored by **Nestlé** to commemorate National Recovery Month. The event will be held in TMM's Gym at 601 S. San Pedro St. Los Angeles, CA 90014.

Our Health Fair is a community awareness event designed to promote wellness, prevent illness and to help those already living with medical conditions learn how to manage them better. There will be various medical providers, holistic healers, and various collaborative business partners here providing dental and health screenings, health education and access to health services. Through the information and services available at the fair, we hope to make people aware of choices that can lead to a more satisfying lifestyle, centered on wellness.

Attendees will include TMM Program Participants, our immediate Skid Row community, neighboring businesses and our extended community. **Albertsons, Vons and Pavilions** have donated flu shots which will be administered by their pharmacists to all attendees. Other businesses and medical providers will also be at the fair, including fitness centers and specialty health products and clinics, giving attendees a chance to network with these businesses. There will speakers scheduled throughout the day, dance and exercise classes, presentations, entertainment provided by **Urban Voices Project** and much more.

The event is free and all are welcome to attend. If you are interested in participating in the Health Fair, please contact Valerie Mayers at vmayers@midnightmission.org or 213-624-9258, ext. 1661.

About The Midnight Mission's Health and Wellness Program: Health & Wellness at The Midnight encourages physical health through fitness classes and exercise opportunities designed to improve physical, social and emotional health of all participants. Participating in the Healthy Living program emphasizes the importance of life-long healthy practices. Homelessness is associated with social isolation and lack of healthy contacts with others. Men entering the program learn to respect and help each other through sports and community activities. Team sports, including basketball, ping pong, volleyball and social games offer additional ways for them to develop social skills.

About The Midnight Mission: Founded in 1914, The Midnight Mission offers paths to self-sufficiency to men, women and children who have lost direction. Our emergency services and 12-step recovery, family living, job training, education and workforce development programs offer a compassionate bridge to achieve and maintain healthy, productive lives. We remove obstacles and provide the accountability and structure that people who are experiencing homelessness need to be productive in their communities. Our conviction and commitment to their success define us. For additional information, please visit www.midnightmission.org.