

FOR IMMEDIATE RELEASE

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## 4<sup>th</sup> Annual Family 101 5K Community Block Party & Health Fair

The New Bethel Church Community Development Corporation will color the city and raise *Mental Health Awareness* with a 5K Color Run, NFL Play 60, Chiefs Cheerleaders, KC Wolf, Local Food Trucks, Youth Physicals & So Much More on Saturday, May 20<sup>th</sup>!

### **About 5K, Health Fair & Community Block Party**

The New Bethel Church CDC is proud to present the 2017 Family 101 5K Community Health Fair and Block Party on **Saturday, May 20<sup>th</sup>** at the **New Bethel Church (745 Walker Ave, Kansas City, KS)**. This year's theme is **"Mental Health in Motion"**.

**The 5K Check-in starts at 7AM & the Race will begin at 8AM.** Participants can choose to either walk, run or bike ride. There will also be a 1-mile option. This year's race will include an added fun element called the **"Color Run"**. Walkers, runners and bikers will paint the city different colors to bring awareness to Mental Health in our community. Event Tee Shirts will be available for \$15. It is encouraged that participants wear white & light Colors for this event. There is a \$10 donation to participate in the 5K. Children 12 & under are FREE! Participants can register on site before event.

**The Community Health Fair will take place from 9AM to 3PM.** Activities will include a free health fair in partnership with a multitude of local health care and community organizations. Testing and resources related to Blood Pressure, Diabetes, Biometrics, Prostate Cancer, Clinical Breast exams and Physicals for school-aged children will be provided free of charge by volunteer health care professionals.

**The Community Block Party will be from 10AM to 3PM.** This year we will host NFL Play 60 from 11AM to 12PM along with Kansas City Chiefs Cheerleaders and KC Wolf! There will also be a Healthy Food Truck Challenge (Flossie Mae, Taste of Kansas City BBQ, El Hidalgo Taco Truck and Fat Guys), Bike Giveaways, Inflatables, Carnival Games, Popcorn, Snow Cones, Cotton Candy, Basketball Skills Competition, Zumba, Live Entertainment, Music & More! All Food Trucks will sale food for a nominal fee and all activities are FREE & open to the public! There will be FREE Food Vouchers for children 12 & under!

### **About the NBCCDC & the Family 101 Event**

Today, the NBC Community Development Corporation works on a wide range of projects with many collaborators to continue to EMPOWER our youth for a greater future, CHERISH our seniors to honor the past, INCREASE quality of life in health, education, business, and hope, HONORING our God so residents are celebrating life, the community is strengthened, and we foster reconciliation. The Family 101 Event focuses on what the NBCCDC believes to be the building blocks of family basics by keeping health, unity and education at the forefront of making stronger communities.

### **Event Contact & Registration Information**

For more information, contact the events coordinator, LaShone Releford at [lashone.releford@newbethelkc.org](mailto:lashone.releford@newbethelkc.org) | (913) 281-1993 or the communications contact, Amaris Brady-Willis at [amaris.brady@newbethelkc.org](mailto:amaris.brady@newbethelkc.org) | (330) 559-9592.

### **About the New Bethel Church**

*The New Bethel Church's Mission is **Deliver** people from a worldly system, nurture them into Disciples of Christ, **Develop** them for a 21st century purpose and **Deploy** them to fulfill their **Destiny**. The church continues to work with organizations such as Adopt-A-School, Habitat for Humanity, NBCCDC, KU Medical Center and many others to create a more enriching environment for the citizens within the Kansas City area. The ministries of the church first seek ways to help others in need. The New Bethel Church has become a great asset to the community and a key factor in the development of families.*

-New Bethel Church  
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