



PRESS RELEASE

July 14, 2016

Contact: Christina Chadwick
(619) 865-3622

3rd Annual Yoga on the USS Midway – Superhero Edition

Kick off Comic-Con International 2016 with this annual event, part of the ‘Healthy Living in the City’ Downtown wellness initiative

The Downtown San Diego Partnership and Scripps Health invite families from across San Diego to strike their best yoga pose aboard the USS Midway at the third annual “Stretch Yourself with Scripps” yoga class. The free class is part of “Healthy Living in the City,” a Downtown wellness program designed to highlight the healthy lifestyle options in Downtown San Diego.

“Scripps is dedicated to promoting the health and wellness of our community,” said Don Stanziano, vice president of marketing communications for Scripps. “We’ve found a great collaborator in the Downtown San Diego Partnership and an effective approach through our *Healthy Living in the City* initiative and all the fun, healthful activities it offers.”

Instructors from Yoga One, a popular Downtown yoga studio, will guide participants through the hour-long class, which begins at 8 a.m. on Saturday, July 16, on the historic flight deck of the USS Midway. Yoga practitioners of all ages and levels are encouraged to attend. Giveaways, information and healthy snacks will be provided by 20th Century Fox, Lululemon Athletica, The West Bean Coffee Roasters, Essentia Water, Sol Cal Café, Bitchin’ Sauce, HP Movement and KIND Snacks. Local artist, DTO, will provide live entertainment before and during the class.

The event happens just days before Comic-Con International descends on Downtown San Diego, so class attendees are encouraged to dress as their favorite superhero.

Kris Michell, president and CEO of the Downtown San Diego Partnership, said yoga is a great mental and physical workout for people of all ages – and believes the USS Midway offers a beautiful, serene venue for the annual event.

“The Downtown Partnership is pleased to work with Scripps Health, year after year, to put on so many unique health and wellness events in Downtown,” said Michell. “Last year’s yoga class on the USS Midway drew more than 700 attendees, and this year we have 1,000 participants registered. We are thrilled to host this increasingly popular event with Scripps Health on the USS Midway Museum.”

Participants can register on site at the USS Midway, located at 910 N. Harbor Drive, beginning at 7 a.m., but pre-registration is encouraged and available online [here](#). Free, metered street parking is available before 10 a.m. and \$10 parking is available at the USS Midway. Attendees must bring their own yoga mat.

The “Healthy Living in the City” initiative offers free cooking classes and yoga practices throughout the year at various locations in the Downtown community. To find out more about the initiative and for a list of events, dates and locations, please visit <http://www.downtownsandiego.org/healthyscripps/>. Follow “Healthy Living in the City” on Facebook, Twitter and Instagram using #ScrippsHealthyCity.