



PRESS RELEASE

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2nd Annual Yoga on the USS Midway

Second annual event part of 'Healthy Living in the City' Downtown wellness initiative

The Downtown San Diego Partnership and Scripps Health are encouraging San Diegans from across the region to strike their best yoga pose aboard the USS Midway at the second 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.

"Scripps Health is now in its second year joining forces with the Downtown San Diego Partnership sponsoring Healthy Living in the City and this great event," said Don Stanziano, Scripps corporate vice president of marketing and communications. "Our goal is to show that you can adopt a healthy lifestyle no matter where you live or work and Downtown San Diego is no exception."

Instructors from Yoga One, a popular Downtown yoga studio, will guide participants through the hour-long class, which begins at 8 a.m. on June 20 on the flight deck of the USS Midway. Yoga practitioners of all levels are encouraged to attend and will enjoy giveaways and healthy snacks provided by Scripps Health and Fol Cal Café.

Kris Michell, president and CEO of the Downtown San Diego Partnership, said getting fit, lean and limber on the flight deck of the USS Midway is a unique opportunity not to be missed.

"The Downtown Partnership is thrilled to be working with Scripps Health to bring year-round wellness to our Downtown," said Michell. "Last year's yoga class on the USS Midway attracted more than 400 yoga enthusiasts from around the San Diego region. We hope to draw an even bigger crowd this year."

Participants can register on site at the USS Midway, located at 910 N. Harbor Drive, beginning at 7 a.m. or in advance here: [yoga on Midway](#). Free, metered street parking is available before 10 a.m. and \$10 parking is available at the USS Midway. Participants must bring their own yoga mat.

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



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