



NEWS RELEASE

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Scripps Health and Downtown Partnership Launch “Healthy Living in the City”

Initiative designed to highlight wellness in Downtown

DOWNTOWN SAN DIEGO – Downtown San Diego just a got a lot healthier. Scripps Health and the Downtown San Diego Partnership have teamed up to launch “Healthy Living in the City,” a wellness initiative that encourages people to explore Downtown and its healthy lifestyle options.

The year-long initiative, which officially kicks off on July 10, will include health-conscious cooking classes, lunchtime strolls and yoga taught in unique urban settings. All of the activities are sponsored by Scripps and are free to the public.

Don Stanziano, corporate vice president of marketing and communications for Scripps, said the program is designed to help people stay healthy while enjoying urban living and the unique neighborhoods and places of Downtown.

“Scripps has a long-standing commitment to serving the health care needs of our community,” Stanziano said. “We are pleased to join forces with the Partnership and offer fun ways to help keep people fit and healthy throughout Downtown San Diego.”

Kris Michell, president and CEO of the Downtown San Diego Partnership, said the organization was thrilled to work with Scripps to add fun, healthy activities to the growing roster of cool things to do in Downtown.

“Healthy Living in the City’ will enrich the Downtown experience and help Downtown workers, residents and visitors see that wellness is around every corner,” Michell said. “Scripps has a well-known commitment to wellness and health, so they are the perfect organization to partner with on this initiative.”

The initiative includes:

- Recipe for Health: These free monthly cooking classes, taught by Scripps certified nutritionists and Jimbo’s...Naturally at Horton Plaza, will show participants how to use San Diego’s bounty to whip up healthy and delicious meals. The first class is on July 10. Register at <http://www.eventbrite.com/o/downtown-san-diego-partnership-6779133063?s=26279133>
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- Lunchtime Strolls: These free, 30-minute guided walks will allow participants to get out and explore Downtown’s unique neighborhoods. The walks will be held twice a month on Fridays and will also include Scripps-branded water bottles for first-time strollers. The first stroll is on July 11 with a tour of the Gaslamp Quarter, which starts at the Balboa Theater at noon.
- Stretch Yourself: Get limber and lean with these free bimonthly yoga classes that will be held at unique locations throughout Downtown and taught by the expert staff of Downtown’s Yoga One. The first class will be held at 8 a.m. on July 12 on the flight deck of the USS Midway. Register at <http://www.eventbrite.com/o/downtown-san-diego-partnership-6779133063?s=26279133>.

To find out more about the Healthy Living in the City program and for a list of events, dates and locations, visit <http://www.downtownsandiego.org/healthyscripps/>.

The Downtown San Diego Partnership is a non-profit, member-based organization that serves as the leading advocate for the revitalization and economic health of Downtown. To learn more about the Downtown Partnership, visit www.downtownsandiego.org.

Scripps Health is a nonprofit integrated health system based in San Diego, Calif., that treats a half-million patients annually through its five acute-care hospital campuses, hospice and home health care services, and an ambulatory care network of physician offices and 25 outpatient centers and clinics. Scripps is ranked among the top five large health systems nationally by Truven Analytics and Scripps hospitals are consistently ranked by U.S. News & World Report among the nation’s best. More information can be found at www.scripps.org.

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