



Virg Bernero, Mayor

325 E GRAND RIVER, SUITE 312  
EAST LANSING, MI 48823

**\*\*\*PRESS RELEASE\*\*\***

FOR IMMEDIATE RELEASE  
Friday, November 4, 2016

CONTACT: Lettuce Live Well  
(517) 898-1870

## **Lettuce Live Well to throw Healthy Holiday Party!**

(LANSING) – Lettuce Live Well and Metro Lansing Loses a Million will host a holiday party on November 5th. Teaming up with the YMCA, and sponsored by the City of Lansing, these organizations aim to improve the health of the Lansing community. The holiday party is one of the many free things they do to raise awareness about being healthy and fit in the area.

### **About the event**

The family-friendly holiday party will provide nutritional advice and activities to anyone looking to have a healthier holiday. There will be kid friendly games, fitness classes, and healthy holiday recipes provided. Residents who attend the party can also expect free food from places all around Lansing, raffle prize drawings, and music played by DJ Restless. There will also be Zumba and Pure Barre instructors leading classes. Not to mention, **Santa and his elves will be attending the event! This Holiday Party is completely free and open to all ages of the public.**

### **About Lettuce Live Well**

Lettuce Live Well is a public charity, non-profit organization 501 c3, established to build stronger communities through healthier individuals. Lettuce provides free health support and education to local residents. There are many distinct aspects of the company, each playing a part in promoting healthy living through food, fitness, and lifestyle balance. Based in Lansing,

Michigan, the organization is designed to be a nationwide source of unbiased information and inspiration.

WHERE:       YMCA of Lansing, Westside Branch  
              3700 Old Lansing Rd  
              Lansing, MI 48917

WHEN:        Saturday, November 5, 2016  
              10:00am - 2:00pm

If you would like more information on this event, please contact Kelly Zielinski at [Kelly@lettucelivewell.org](mailto:Kelly@lettucelivewell.org) or (517) 898-1870