



**TEXAS IS  
BEST WHEN  
TEXANS ARE  
HEALTHY**

**For media inquiries, please contact:**

Amelia Carnagey, MPH  
Director of Marketing, It's Time Texas  
Phone: 806.549.6407  
Email: [marketing@itstimetexas.org](mailto:marketing@itstimetexas.org)

FOR IMMEDIATE RELEASE –

**STATEWIDE CELEBRATION: JOIN US FOR HEALTHY TEXAN WEEK IN AUSTIN!**

**Austin, TX – June 3, 2024** – It's Time Texas is thrilled to announce our statewide celebration of Healthy Texan Week with exciting events in three key Texas communities, one being AUSTIN! Join us on Tuesday, June 11th at the Gus Garcia Recreation Center for an evening dedicated to prioritizing health and wellness and community connection through our onsite Stronger Texas Zumba Class and a health fair with a variety of fun family-friendly activities highlighting health.

**Event Details:**

- **Date:** Tuesday, June 11th
- **Time:** 6:00 PM - 7:30 PM
- **Location:** Gus Garcia Recreation Center, 1201 E Rundberg Ln, Austin, TX 78753

The event will feature a vibrant Zumba class led by instructor Erika Vivyan from 6:00 PM to 6:45 PM, coinciding with a health fair featuring local health organizations and resources that will continue until 7:30 PM.

“Healthy Texan Week is a fantastic opportunity for our community to unite and focus on health and wellness. We are excited to offer our Stronger Texas events across Texas and look forward to seeing everyone participate and enjoy,” said Kara Hanaoka, VP of Programs for It's Time Texas.

We are thrilled to have several partners join us, including Lone Star Circle of Care, Austin Public Health Neighborhood Services Unit, Integral Care, Texas AgriLife (Travis Co Extension), and Farm Share Austin. This event will provide numerous opportunities to learn about valuable local resources!

This week of celebration has been organized by the Health and Human Services Commission (HHSC), which has encouraged organizations across the state, like It's Time Texas, to plan events in celebration.

Participants can register online or at the event. For more information, visit our website at [strongertx.itstimetexas.org/healthy-texan-week](http://strongertx.itstimetexas.org/healthy-texan-week).

---

**About It's Time Texas:**

[It's Time Texas](#), a statewide nonprofit dedicated to promoting healthier lives and more vibrant communities for ALL Texans. This is accomplished through innovative programs and communitycentered initiatives encouraging physical activity, healthy eating, and overall well-being. Learn more at [itstimetexas.org](http://itstimetexas.org).