



**TEXAS IS
BEST WHEN
TEXANS ARE
HEALTHY**

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FOR IMMEDIATE RELEASE –

STATEWIDE CELEBRATION: JOIN US FOR HEALTHY TEXAN WEEK IN FORT WORTH!

Fort Worth, 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 FORT WORTH! Join us in Fort Worth on Tuesday, June 11th at the LVTRISE Community 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:** 5:00 PM - 7:30 PM
- **Location:** LVTRISE Community Center, 8201 Calmont Avenue, Fort Worth, TX 76116

The event will feature a high-energy Zumba class led by Stronger Texas instructor Carolina Perez from 5:00 PM to 6:00 PM. This will coincide with a health fair that will continue until 7:30 PM and showcase local health and wellness organizations.

“We are excited to gather our community for an evening of family-friendly fun, fitness, and health education. Healthy Texan Week is all about celebrating the health of our great state and bringing awareness to resources to help better that health. We cannot wait to see the connections formed at this event in Fort Worth,” said Nathaniel Aranda, Fort Worthian, and VP of Marketing and Development of It's Time Texas.

We are excited to have various partners join us, including LVTRISE, BarbaraCares, James L. West Center, Cancer Care Services, Carter Bloodcare, Texas Care Mental Health and Rehabilitation, Tarrant County Public Health/WIC Office, and The Parenting Center. This will truly be a health fair with a variety of opportunities to learn about important 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.

[Itstimetexas.org](http://itstimetexas.org) | For media inquiries email – marketing@itstimetexas.org



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About It's Time Texas:

[It's Time Texas](https://www.itstimetexas.org), 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](https://www.itstimetexas.org).