



CLAY COUNTY

PUBLIC HEALTH CENTER



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FOR IMMEDIATE RELEASE

12345 Fit-Tastic Family Fun Day and Luft Strong Memorial Walk/Run

LIBERTY, Mo. – April 30, 2018 – Clay County Public Health Center is hosting 1-2-3-4-5 Fit-Tastic Family Fun Day and the Luft Strong Walk/Run on Friday, June 1, 2018, from 2:00 p.m. to 6:00 p.m. at Pleasant Valley Baptist Church, 1600 MO-291 Liberty, MO 64068.

1-2-3-4-5 Fit-Tastic Family Fun Day will include kids Zumba and yoga, music, snacks, prizes, Liberty Fire Touch-a-Truck, carnival games, activities and more. In addition, there will be a Luft Strong Memorial Walk/Run in memory of Clay County Public Health Center's beloved former co-worker, Lisa Luft, and her daughters who passed away after a vehicle crash. The entire community is encouraged to attend this event.

“The Luft Strong Walk/Run is our way of celebrating Lisa’s passion for health and fitness as well as serving the community as she would: through fitness and health education. Lisa may be gone, but she will never be forgotten. She left an imprint on our souls as an amazing colleague and an even a better friend to many of us here at CCPHC [Clay County Public Health Center]. The Luft Strong Walk/Run will honor her memory and attempt to fill the void in our hearts without her here,” Clay County Public Health Center Nurse Amy Latz said.

[1-2-3-4-5 Fit-Tastic](#) is a healthy lifestyle initiative developed by a team of Kansas City agencies that work together to promote healthy lifestyles and healthy weight for all. The University of Missouri Extension and the Missouri Department of Health and Senior Services Maternal and Child Health are partnering with Clay County Public Health Center to help fund this event. In addition, a large number of community partners, businesses and organizations are donating time, money and prizes to support this event, and we are incredibly grateful for all their support.

About Clay County Public Health Center

Created in 1953, the Clay County Public Health Center is a nationally accredited local public health department protecting the health of all people in the county by implementing population based prevention programs and services. This community approach to wellness not only prevents the spread of disease but also provides wellness education to empower people to make healthy choices. To learn more, visit www.clayhealth.com.

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The mission of the Clay County Public Health Center is to deliver the essential public health services of prevention, promotion and protection to the communities of Clay County.