

A PLACE CALLED HOME AND URBAN FARMING HOST HEALTH AND GARDEN EXPO TO PROMOTE HEALTHY LIVING IN SOUTH LOS ANGELES

Expo provides free mobile clinics, health and wellness workshops, cooking and gardening demonstrations, and immigration consultations on May 11

LOS ANGELES, CA, USA, May 9, 2019 /EINPresswire.com/ -- South Central nonprofit A Place Called Home (APCH) and nonprofit Urban Farming join forces on May 11 to present APCH's seventh annual Health and Garden Expo (H.A.G.E.). This event will include free mobile clinics, health and wellness workshops, free vegetable plants, cooking and gardening demonstrations, immigration consultations, healthy food, raffle prizes and more to provide the South Los Angeles community with tools, resources and a taste of a healthy lifestyle. H.A.G.E. is free of charge and open to the public. More than 1,000 people are expected to attend.

Attendees will receive access to basic preventative services and screenings for hypertension, cholesterol, and diabetes, as well as mammography and vision exams; have the opportunity to enroll in a low-cost or free health care coverage program offered by participating local healthcare providers; and attend informational panels intended to increase awareness of the services and programs that APCH and partner organizations provide year-round.

The Expo also features free immigration consultations, fitness classes, CPR workshops, demonstrations on how to prepare nutritious and economical meals, and presentations on the benefits of homegrown food, proper eating habits, sustainable living and urban agricultural practices. In addition, the farmers market will offer free healthy food options for attendees.

As part of its commitment to improving well-being in South Los Angeles, APCH maintains three organic gardens in the neighborhood and distributes thousands of pounds of produce and dry goods throughout the year.

"In a community where many families can't readily access fresh fruits and vegetables and often can't afford essential health services, our H.A.G.E. event will provide resources to support participants in embracing healthy living. If more folks in our community ate well and exercised, they could reduce their risk of diabetes, obesity, and other chronic health conditions that are, sadly, all too common in low-income communities," APCH Executive Director Jonathan Zeichner



Expo attendees are treated to healthy food

said.

Attendees will enjoy entertainment, food and raffle prizes, including a grill and patio set, each valued at more than \$500. Urban Farming, who joins H.A.G.E. for the first time, is providing the prizes for the main raffle, and one dozen free vegetable plants to the first 250 guests. Children can play in the "Kid's Fun Zone," which features games and an exclusive football clinic from the Los Angeles Rams.

Event sponsors include Anthem Blue Cross and Delaware North, who will give a live cooking demonstration.

H.A.G.E. will be held at the APCH Main Campus from 10 a.m. to 2 p.m. on Saturday, May 11, 2019. APCH is located at 2830 S. Central Ave., Los Angeles, CA 90011.

For more information, please call the Health and Garden Expo hotline at (323) 238-2614, or email events@apch.org.

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About A Place Called Home

A Place Called Home (APCH) provides a safe, nurturing environment with proven programs in arts, education, and wellness for the young people in South Central Los Angeles to help them improve their economic conditions and develop healthy, fulfilling and purposeful lives. Since its founding in 1993, APCH has directly served more than 20,000 youth members through its core school day, after school and summer programming, and over 150,000 local residents through family and supportive services including food, clothing, and holiday toy distributions, counseling, voter education, and community organizing. For more information, visit apch.org.

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About Urban Farming

Founded by recording artist/author Taja Sevelle in 2005, the non-profit organization Urban Farming began by installing hundreds of community gardens around the United States. Currently, the organization provides plants, seeds, and various gardening resources to individuals, families, and communities who wish to grow their own food, as well as providing assistance to existing community gardens. There are now over 65,000 gardens around the world that are a part of the Urban Farming Global Food Chain. More than just a gardening organization, Urban Farming promotes Seven Healthy Principles: Healthy Thinking, Healthy Eating, Healthy Communication, Healthy Fitness, Healthy Finances, Healthy Education, and Healthy Families.

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Taryn Burks



An Expo attendee claims her raffle prize

A Place Called Home

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