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BALTIMORE, MD –

Lexington Market is excited to announce Health and Wellness Day at The Market in partnership with University of Maryland Medical Center and Johns Hopkins University & Medicine, a once-a-month community health and wellness fair located in the Arcade of the Market. On the third Wednesday of every month, from 10 AM to 2 PM, Lexington Market welcomes special guests from the medical community as well as other organizations that have your health and wellness in mind. Topics and services include nutrition education and cooking demonstrations, health screenings, workforce development and more. On October 17, 2018 we are excited to officially launch this new and ongoing initiative at the Market with a special program and activities:

10:00 AM – Health and Wellness Fair opens to the public.

10:20 AM – Welcome by Robert Thomas, Executive Director for Lexington Market and Baltimore Public Markets. Additional guest speakers to include Alison Brown, President of University of Maryland Medical Center Midtown Campus, Michael Preston, Director of Community Affairs, Johns Hopkins University and Medicine Government & Community Affairs, Marsha Wills-Karp, Professor and Chair, Environmental Health and Engineering Johns Hopkins Bloomberg School of Public Health and Cheryl Dennison Himmelfarb, Deputy Director, Institute for Clinical Translational Research, Johns Hopkins School of Nursing, Joint Appointments in Schools of Medicine and Public Health

11:00 AM – Ribbon-cutting of new programming monitor at Lexington Market that was gifted by University of Maryland Medical Center.

11:30 AM – Healthy Cooking Demo and Samples by Chef Egg, featuring fresh seafood and produce from the Market.

12:30 AM – Fitness Class and demonstration by Reinvent U Boot Camps.

ABOUT LEXINGTON MARKET

Situated on the blocks between Eutaw, Lexington, Greene and Saratoga Streets, Lexington Market has served the community on this Baltimore City site since 1782. The world's largest, continuously operating public market, Lexington Market provides fresh meats, seafood, produce, international cuisine, prepared foods and in-market dining for thousands of visitors annually. It is managed by Lexington Market, Inc., a private, nonprofit corporation that operates historic Lexington Market on behalf of the City of Baltimore.

ABOUT THE UNIVERSITY OF MARYLAND MEDICAL CENTER

The University of Maryland Medical Center (UMMC) is comprised of two hospitals in Baltimore: an 800-bed teaching hospital – the flagship institution of the 14-hospital University of Maryland Medical System (UMMS) – and a 200-bed community teaching hospital, UMMC Midtown Campus. UMMC is a national and regional referral center for trauma, cancer care, neurocare, cardiac care, diabetes and endocrinology, women's and children's health, and has one of the largest solid organ transplant programs in the country. All physicians on staff at the flagship hospital are faculty physicians of the University of Maryland, School of Medicine. At UMMC Midtown Campus, faculty physicians work alongside community physicians to provide patients with the highest quality care. UMMC Midtown Campus was founded in 1881 and is located one mile away from the Downtown Campus hospital. For more information, visit www.umm.edu.

ABOUT THE JOHNS HOPKINS UNIVERSITY & MEDICINE

Johns Hopkins Medicine (JHM), headquartered in Baltimore, Maryland, is an \$8 billion integrated global health enterprise and one of the leading health care systems in the United States. Johns Hopkins Medicine unites physicians and scientists of the [Johns Hopkins University School of Medicine](#) with the organizations, health professionals and facilities of [The Johns Hopkins Hospital](#) and Health System. Johns Hopkins Medicine's vision, "**Together, we will deliver the promise of medicine,**" is supported by its mission to improve the health of the community and the world by setting the standard of excellence in medical education, research and clinical care. Diverse and inclusive, Johns Hopkins Medicine educates medical students, scientists, health care professionals and the public; conducts biomedical research; and provides patient-centered medicine to prevent, diagnose and treat human illness. Johns Hopkins Medicine operates [six academic and community hospitals](#), four suburban health care and surgery centers, and 39 primary and specialty care outpatient sites. The Johns Hopkins Hospital, opened in 1889, has been ranked number one in the nation by *U.S. News & World Report* for 22 years, most recently in 2013.

Johns Hopkins Bloomberg School of Public Health (JHSPH), is the oldest, and largest Schools of Public Health in the world. The School has a big vision-Protecting Health, Saving Lives – Millions at a Time. Since its founding in 1916, the Bloomberg School has advanced research, education and practice to create solutions to public health problems around the world. Faculty, staff and students have helped eradicate smallpox, made water safe to drink, improved child survival, reduced the spread of HIV and uncovered the dangers of tobacco smoke. Researchers and scientists are now discovering ways to increase healthy behavior, reduce the toll of chronic diseases, eradicate infectious diseases, improve the health of mothers and infants, and guide the development of healthy communities. Every day, the Bloomberg School works to keep millions around the world safe from illness and injury by pioneering new research, deploying knowledge in the field and educating tomorrow's public health leaders. The School receives 22 percent of all grants and contracts awarded to the 58 accredited U.S. schools of public health. The Bloomberg School has been ranked number one in the nation by *U.S. News & World Report* since 1994.

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