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FOR IMMEDIATE RELEASE

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**Champions of Change Free Leadership Workshop to Take Place May 30
Safe & Active Genesee for Everyone to Train Residents in Creating Safe, Healthy Communities**

(FLINT, MI) – Safe & Active Genesee for Everyone, a coalition led by the Crim Fitness Foundation, is partnering with University Avenue Corridor Coalition, UM-Flint Outreach, National Kidney Foundation of Michigan and Commit to Fit to host *Champions of Change*, a free leadership training for residents hoping to make their neighborhoods safer for walking, biking, taking the bus or simply playing outdoors.

Champions of Change will take place from 4:30pm to 7:30pm at Doyle Ryder Elementary School, 1040 Saginaw St. in Flint. The training will include free dinner for the first 40 individuals. Registration is required for the free event. Residents can register at www.crim.org/sage or call 810-235-7894.

Participants will have discussions on how to plan programs, organize events, manage relationships, create neighborhood groups and engage with legislators. Local municipal leaders will participate in a panel on how the built environment can impact health outcomes.

"This training is designed to be a conversation. We want participants to share ideas and learn how to use the resources they have available to them to create the neighborhood that they want," said Theresa Roach, Communications and Outreach Manager at the Crim Fitness Foundation and a co-facilitator of SAGE.

The Safe & Active Genesee for Everyone (SAGE) coalition helps residents take control of their health and safety through coalition building, community engagement and advocacy, said Roach. Creating a space where people can be active and healthy is especially important in the City of Flint, where families have been exposed to lead. Medical experts believe the best way to reduce further exposure is through proper nutrition and physical activity.

Safe & Active Genesee for Everyone

Safe & Active Genesee for Everyone is a Crim Fitness Foundation led collaborative of local advocates, non-profit, private and government organizations working together to advocate for and support active living initiatives that promote safe opportunities for people to be physically active throughout Genesee County.

The Crim Fitness Foundation

The Crim Fitness Foundation, a 501c3 nonprofit organization, cultivates accessible, vibrant communities in Flint and Genesee County that encourage people to lead healthy lifestyles by integrating physical activity, healthy eating and mindfulness into their daily lives and mentors other communities to do the same. The Crim uses events, programs, and policy, systems, and environmental changes to transform the community. In addition, the Crim serves as the lead agency of Flint's Community Education Initiative.

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