



Media Advisory

January 8, 2020

Plano Mayor Takes Yoga Class to Kick Off Rec Fest



Here's something you won't see every day. Plano Mayor Harry LaRosiliere is going to lead a stretching activity and then participate in a yoga class to kick off Rec Fest and the *It's Time Texas! Community Challenge health initiative*. The mayor and City Council members will converge on the Carpenter Park Recreation Center Thursday, January 9 at 5:30 p.m. for the kick off.

Rec Fest is a series of open house events aimed at starting 2020 off right with a healthier lifestyle. The series is in conjunction with the City of Plano and the *Its Time Texas! Community Challenge* health initiative. These events are completely free to the public, featuring free classes, fitness demonstrations, on-site personal trainers, vendor tables, raffles, give-a-ways, and more! A variety of health screenings, family friendly activities and nutrition information will also be available.

Our goal is to help Plano residents live their best lives in 2020. "We know it can be hard to stick to those New Year's resolutions, so we're here to help," said Susie Hergenrader, Recreation Services Manager. "Our Rec Fest series is all about encouraging each other to lead healthier lives and build a stronger, more connected community."

The *It's Time Texas! Community Challenge* takes place from January 6 to March 1. The statewide competition inspires people, organizations and cities across Texas to choose healthy activities in support of a healthier community. Individuals sign up on behalf of their city or school district and earn points for their community with every healthy action they submit.

Rec Fest Schedule:

- **Thursday, Jan. 9**
5-8 p.m., Carpenter Park Recreation Center (6701 Coit Road)

- **Friday, Jan. 10**
5-8 p.m., Liberty Recreation Center (2601 Glencliff Dr.)
5-8 p.m., Sam Johnson Recreation Center for Adults 50+ (401 W. 16th St.)
- **Saturday, Jan. 11**
10 a.m.–1 p.m., Tom Muehlenbeck Recreation Center (5801 Parker Road)

###

Media Contacts

Steve Stoler
Director
Media Relations
Ph. (972) 941-7321
Mo. (972) 345-1393
Stevest@plano.gov

Kelley Crimmins
PR/Community Outreach Specialist
Plano Parks and Recreation
Ph. (972) 941-5400
Mo. (469) 318-9221
Kcrimmins@plano.gov

About Plano

Plano, Texas, is the largest city in Collin County with a population of 284,070 as of January 2019. Incorporated in 1873, the city is located 20 miles north of Dallas. Niche and AreaVibes recently named Plano as one of the Best Cities to Live in America. Forbes designated Plano one of America's safest cities. The City offers a high quality of life that includes nationally recognized schools, award-winning parks, and sustainability initiatives and a wide variety of multi-cultural neighborhoods appealing to families, young singles and retirees. Plano is home to the headquarters or regional operations of major corporations such as Toyota, Liberty Mutual, JPMorgan Chase Boeing Global Services, Fannie Mae, FedEx Office, JC Penney, Rent-A-Center, Cinemark Holdings, Denbury Resources and Alliance Data Systems. Our dynamic community features excellent restaurants, vibrant shopping and entertainment venues, a lively historic downtown district and active local arts scene. Easy access to DART light rail and major highways makes Plano a convenient place to live, work and visit. To learn more about Plano, go to our website at plano.gov.