



FOR IMMEDIATE RELEASE
June 8, 2021

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The African American Male Wellness Agency is Coming to Memphis, TN
Penny Hardaway will be the honorary chair; Leonard Watkins is the coordinator; taking place on October 23, 2021

MEMPHIS, TN– The African American Male Wellness Agency (AAWellness) is excited to announce it will be bringing its annual walk/run to Memphis, TN.

This annual event was birthed in Columbus, OH in 2004 and has taken place in 160 cities nationwide. On October 23, 2021, Memphis will join the list of participating cities thanks to the efforts.

According to America’s Health Rankings, the city of Memphis has a high prevalence of multiple chronic diseases such as cancer, diabetes, asthma, hypertension, high cholesterol and premature death rate.

“This is a great opportunity to change the health trajectory of the African American community,” Leonard Watkins, Coordinator of AAWellness: Memphis.

Due to Watkins witnessing older male relatives endure preventable diseases such as diabetes and high blood pressure due to a lack of awareness. He knew he wanted to bring the African American Male Wellness Walk to Memphis.

Anfernee “Penny” Hardaway, former Memphis State standout and former NBA basketball star, now head coach of the University of Memphis Tigers is excited to be the Honorary Chair for the African American Male Wellness Walk. As a native Memphian, Coach Hardaway was eager to help the effort to bring the Walk to his beloved city.

“I strongly believe in the importance of helping fellow black men understand how to stay healthy and to know their numbers to prevent a health emergency”, said Penny Hardaway.

The African American Male Wellness Walk was established to raise awareness and educate African American men in the areas of physical health, mental health, financial health and fatherhood. The inaugural Walk will take place October 23, 2021 at Tiger Lane.

We’re looking for local businesses, churches, and organizations to get involved as sponsors to make this event the biggest event of 2021”. For more information visit www.aawellness.org.