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FOR IMMEDIATE RELEASE

Breathe Easy Asthma Awareness  
5K Run/Walk & Health Expo  
Celebrating Asthma Awareness Month

The Jerome Alston Memorial Foundation is pleased to announce its Breathe Easy Asthma Awareness 5K Run/Walk with a Health Expo and special guest Maurice (Moe) Ager, NBA player and Grammy Nominated Musician.

The event will be on Saturday, May 14, 2106 at Griffith Park. Check In and onsite registration begins at 8:30am followed by opening remarks and warm-ups. Maurice will host a meet and greet for the children in the area of the health expo. The race will begin at 9:30am with awards to follow. Registration is \$35/adult, \$20-\$25/child. Adult team pricing (5+ people) is discounted to \$31.50/person. Prices increase by \$5 the day of the event. Race participants receive a race shirt, finisher medal, race bag, snacks and access to the health expo.

May is Asthma Awareness Month. The purpose of the Breathe Easy 5k is two-fold: to raise awareness of the silent epidemic called asthma that plagues our community and to raise funds to help combat it. In Los Angeles County about 1 in 11 children and 1 in 14 adults have asthma with African American children having the highest rates of 25%. Our goal is to educate the community on the many asthma triggers we are exposed to on a daily basis and reduce the number of lives lost to this manageable condition. The BreatheMobile will be our 2016 beneficiary. Proceeds will fund their asthma clinic.

**About the Jerome Alston Memorial Foundation:** Whitney Alston established this Foundation after the sudden passing of her dad, Jerome Alston, from asthma related complications on December 18, 2012. Jerome was a science teacher at Cradock Middle School in Portsmouth, VA at the time of his passing. He was a mentor and active community service champion. The Foundation is a way to keep his legacy alive by continuing endeavors he was involved in before his passing.

To learn more about the Jerome Alston Memorial Foundation visit [www.JeromeAlston.org](http://www.JeromeAlston.org) and to get information on the 5K visit [www.jam5k.org](http://www.jam5k.org).

We look forward to seeing you at the Asthma Awareness 5K on May 14th!

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