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IMPROVING THE LIVES OF OTHERS, ONE STEP AT A TIME
USANA True Health Foundation Hosts 5th Annual Champions for Change Event with
Special Guest Appearances by Dr. Mehmet Oz, Jenn Brown and More

SALT LAKE CITY—August 15, 2016

For the fifth year thousands will gather at Vivint Smart Home Arena (100 S. 300 W.) on Saturday, August 27 to take part in the superhero-themed [Champions for Change 5K](#) — a charitable run hosted by the [USANA True Health Foundation](#) that provides aid to those who are suffering or in need around the globe.

The race, which has helped raise more than \$525,000 over the last four years, has even garnered attention from Olympic champions Susan Francia and Meaghan Mikkelson, sports broadcaster Jenn Brown and Dr. Mehmet Oz, four-time Emmy–award winning host of *The Dr. Oz Show*, who will return as this year’s master of ceremonies for a third consecutive time.

[Check out highlights from last year’s event!](#)

“This event is more than just a 5K race,” said Dr. Oz. “It’s not about who runs the fastest or wears the best superhero costume. This is a race that aids hungry families, those that have been hit by natural disaster or crisis and continues to support them throughout the aftermath. It’s an event I have participated in for two years now and I can’t wait to throw on my cape and join my fellow superheroes once again.” - [Pulled and edited from video promotion](#)

Funds raised through the event have gone on to help supply meals, water purification tablets and disaster aid to thousands affected by natural disasters and unfavorable circumstances throughout Europe, Asia, Latin American, Haiti, Nepal and more. This year, the Foundation is aiming to raise enough money to provide 250,000 meals alone.

“Each year this event grows in size and is one we always look forward to hosting,” said Dave Wentz, founder of the USANA True Health Foundation. “It’s a fun and great way to get our community involved in what we are doing, which is helping those who need it most.”

This event is open to the public, so come out and run alongside Dr. Oz and support a great cause at the same times. Register at www.usanafoundation.org for just \$35.

Event Details

- 6:00 a.m. — Onsite registration opens.
- 6:30 a.m. — Warm-up lead by Dr. Oz, Jenn Brown and more!

- 7:00 a.m. — Race begins.

About the USANA True Health Foundation

The USANA True Health Foundation is a nonprofit organization dedicated to providing relief to those suffering from hunger, malnutrition and natural disasters around the world. Created by USANA Co-CEO Dave Wentz to help expand and enhance USANA's ongoing charitable efforts, and under the leadership of Foundation President Deb Jordan, its mission is to provide the most critical human necessities to those suffering or in need. To learn more about our programs and global impact visit www.USANAFoundation.org or like us on Facebook (www.facebook.com/USANAFoundation).