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Camillus House Welcomes Donation of New Outdoor Fitness Equipment from AvMed

Donation part of not-for-profit health plan's mission to transform lives and help the community live healthier

MIAMI (March 24, 2021) — AvMed, one of Florida's oldest and largest not-for-profit health plans, recently donated state-of-the-art exercise equipment to Camillus House's first-ever outdoor fitness zone for clients receiving housing and supportive services at its main campus located at 1603 NW 7th Avenue in Miami.

To mark the occasion, Camillus House hosted a "Fit n' Trim" ribbon cutting celebration to unveil the fitness zone to their clients on Wednesday, March 24th. The event featured a fitness demonstration by Kinesiology and Exercise Physiology students from Florida International University, trims by volunteer barbers as well as food and refreshments prepared by clients enrolled in the shelter's culinary program, for a complete mind and body experience. Guests in attendance included executive leadership from Camillus House and AvMed as well as several community leaders and government officials.

The new fitness zone at Camillus House features three pieces of easy-to-use, low-impact gym equipment designed for cardio and strength training. Included is a 4-person lower body combo, two-person back and arms combo and a 3-person static combo, great for dips, stretching and sit-ups.

The donation by AvMed is a result of the health plan's AvMed Outdoors program, which encourages the community to live healthier and happier by supporting more free and accessible outdoor fitness spaces and venues.

"Health and wellness are an integral part of AvMed's culture of community service," said Ashley Allen, senior vice president and chief strategic growth and marketing officer at AvMed. "We are pleased to make this donation to Camillus House to help their clients achieve peace of mind and a healthier future," added Allen.

"We greatly appreciate AvMed for generously providing us with outdoor fitness equipment. The equipment completes our renovated garden area, where clients optimize their health and well-being," said Hilda M. Fernandez, chief executive officer at Camillus House. "Our thanks to AvMed for this outstanding donation, and our appreciation to all of our partners who made our multi-use outdoor garden possible, including The Dow Chemical Company, Hands On Miami (part of the Points of Light Hands On Network, Home Depot and valued volunteers and staff," added Fernandez.

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About Camillus House: Rooted in the compassionate Hospitality of St. John of God, Camillus House improves the quality of life of those who are vulnerable and homeless in South Florida through the provision of a continuum of housing and supportive services since 1960.

About AvMed: AvMed transforms lives to create a WELLfluent™ world. By uniting around this sole purpose over our 50- year history, we've aimed to inspire our Floridian health plan Members to focus on celebrating the riches that matter most— health and happiness. Learn more at AvMed.org.

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For more information on the AvMed donation, please contact Christine Perez, Vice President of Development at Camillus House at christinep@camillus.org