



**BIRMINGHAM METRO  
DIVERSITY COALITION**

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**FOR IMMEDIATE RELEASE**

Jan. 2, 2012

**Birmingham Metro Diversity Coalition's MLK Unity Walk to focus on nutritional disparities**

BIRMINGHAM, Ala.—The Birmingham Metro Diversity Coalition (BMDC) will sponsor its Martin Luther King Jr. Unity Walk on Saturday, Jan. 14, 2012, to raise awareness of nutritional disparities in the Greater Birmingham area.

The walk is free and begins at noon at Railroad Park, located at 1600 First Avenue North. Interested individuals or teams may register online by Jan. 6 at [www.birminghammetrodiversitycoalition.org](http://www.birminghammetrodiversitycoalition.org) and then join us and walk for “Unity with a Purpose: Nutrition and Healthy Eating.” Walkers should arrive at the main assembly point by 11:30 a.m. for an opening ceremony, and the walk begins at 12 p.m. The outer loop walking trail at the park is approximately 3/4 of a mile.

The BMDC is mobilizing representatives from various local health organizations and agencies to be on hand during the walk to stimulate knowledge of health risks and to disseminate nutrition information. Families, businesses, community organizations, scout groups, school clubs, and faith groups are encouraged to participate.

Velma Williams, BMDC member and coordinator of the 2012 Unity Walk, said the nutrition focus was selected this year because it is timely and relevant.

“We want residents to have an opportunity to come together as a community—across geographic, demographic, and socioeconomic boundaries—to see the power of unity and diversity and to focus on health to make our communities a better place,” she stated. “One of the problems is decreasing access to nutritious food in low-income communities or food deserts. This is signified by increasing rates of obesity and diabetes.”

The event also will feature a memorial white dove release in honor of late civil rights icon Rev. Fred Shuttlesworth.

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