



**FOR IMMEDIATE RELEASE**

**Junior League of Savannah | Fit Kids Fest Promotes Healthy Living for Kids and Teens: A Free Event for Families**

SAVANNAH, Georgia | January 28, 2026 – Fit Kids Fest, a fun and FREE community event focused on encouraging healthy lifestyles for kids and teens, returns on Saturday, February 14, from 1:00–4:00 PM at the Savannah Children’s Museum.

Now in its 14th year, Fit Kids Fest is presented by the Junior League of Savannah in partnership with the Coastal Heritage Society. The festival is designed to inspire children and families to embrace physical activity, nutrition, and overall wellness through interactive experiences in a vibrant, supportive environment. With a focus on building fit minds, fit bodies, and fit kids, the event encourages lifelong healthy habits through play, education, and community connection. **New this year is a Literacy Hub featuring literacy focused activities, games and take-home resources for both parents and kids.**

“When we invest in the whole child, we invest in the future of our community,” said Mary Beth Kennedy, president, Junior League of Savannah. “Our focus on K-12 education really comes to life at Fit Kids Fest, where we welcome families to celebrate healthy minds, healthy bodies, and the joy of learning, all at no cost to them.”

“Coastal Heritage Society is excited to once again partner with the Junior League of Savannah on Fit Kids Fest,” said Nora Fleming Lee, CEO of Coastal Heritage Society. “Providing engaging, educational experiences for our youngest learners is at the heart of our nonprofit’s mission. We are deeply grateful to our community partners and sponsors for their continued support of Fit Kids Fest and their investment in the health and happiness of Savannah’s children and families.”

Fit Kids Fest is open to children and teens of all ages and their families and will feature hands-on activities, raffles, and local vendors. The event is completely free, and no pre-registration is required. For more information about Fit Kids Fest, please visit the [Facebook event](#).



### **About the Junior League of Savannah**

The Junior League of Savannah is an organization of women whose mission is to advance women's leadership for meaningful community impact through volunteer action, collaboration, and training. Its purpose is exclusively educational and charitable. For more information, visit [jrleaguesav.org](http://jrleaguesav.org) and follow along on Facebook (@JuniorLeagueofSavannah) and Instagram (@JLSavannah).

### **About the Coastal Heritage Society**

Coastal Heritage Society, a 501(c)(3) nonprofit founded in 1975, operates Savannah Children's Museum and five other historic sites, including Savannah History Museum, Georgia State Railroad Museum, Old Fort Jackson, Pin Point Heritage Museum, and Harper Fowlkes House. For more information about the organization, please visit [chsgeorgia.org](http://chsgeorgia.org).

### **For media inquiries, please contact:**

**Communications Vice President:** Victoria LaMont

**Email:** [commvp@jrleaguesav.org](mailto:commvp@jrleaguesav.org)

**Mailing Address:** PO Box 13268 Savannah GA 31416