



**Council District 5**  
Teri Castillo

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**Media Contact:** Mariah Contreras  
806-544-1315

## **PRE-K 4 SA PARTNERS WITH CITY OF SAN ANTONIO DISTRICT 5 FOR FREE HEALTH AND WELLNESS FAIR FEATURING 50+ VENDORS AND COMMUNITY RESOURCES**

**(SAN ANTONIO)** – Pre-K 4 SA, in partnership with District 5 Councilwoman Teri Castillo, is hosting a free Health and Wellness Fair on Saturday, November 4 from 9 a.m. to 1 p.m. at Rosedale Park (303 Dartmouth St.). This free event is designed for the community to support physical, mental, and emotional health for families across the city.

The event emphasizes the mutual Pre-K 4 SA and District 5 commitment to nurturing healthy and thriving communities through impactful and accessible resources. Community members of all ages are invited to take part in activities, health screenings, immunization clinics, and receive information about resources available to them. The first 250 attendees will receive a bag of fresh produce from the San Antonio Food Bank.

“The wellbeing of our families and our community as a whole remains a top priority at Pre-K 4 SA,” said Sarah Baray, CEO of Pre-K 4 SA. “Our proactive initiative to deliver essential resources and services extends beyond our educational mission, because at the end of the day—health and wellness impacts every part of our lives.”

According to Metro Health’s [SA Forward Report](#):

- 17% of adults are experiencing 14+ days of poor mental health.
- Preventable chronic diseases top the list of leading causes of death.
- Heart disease was the top cause of death in 2021.
- Bexar County has a higher pediatric asthma hospitalization rate compared to Texas overall averages.
- At least 1 in 5 surveyed adults report being diagnosed with diabetes.
- The diabetes mortality rate in Bexar County is higher when compared to Texas overall.

“San Antonio has many wonderful qualities, including taking care of one another when it matters—but we are falling behind in taking care of our own bodies and minds,” said District 5 Councilwoman and Chairwoman of the Community Health Committee Teri Castillo. “My goal for the Community Health committee is to not only oversee policies, plans, and programs that affect the quality of life of our residents, but also connect with



community health partners providing free or low-cost services to ensure San Antonians have access to a long and prosperous life.”

More information about the event can be found online at [prek4sa.com/events](http://prek4sa.com/events).

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### **About Pre-K 4 SA**

Pre-K 4 SA is a comprehensive early childhood initiative aimed at changing the education and workforce trajectory of San Antonio in one generation. Pre-K 4 SA offers full-day prekindergarten for 3 and 4-year-olds living in the City of San Antonio. Pre-K 4 SA is free for qualifying students and accepts tuition-paying students. Breakfast, lunch and two snacks are included and free transportation is available to all students. Pre-K 4 SA has four Education Centers located throughout the city, and the Gardendale Early Learning Program, the first Pre-K 4 SA innovation site, was made possible through a partnership with Edgewood Independent School District. This program creates greater capacity for high quality early education with Pre-K through 2nd grade classrooms. Visit [www.prek4sa.com](http://www.prek4sa.com) for more information.