



For Immediate Release



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### **Partners for Active Living Welcomes New Staff**

Spartanburg, SC – Partners for Active Living is thrilled to welcome our newest team member, Liz Perry.

Liz came to South Carolina last year to work as an AmeriCorps VISTA at PAL. Her focus during her VISTA tenure was increasing access to healthy food for low income residents of Spartanburg County. After several months, she decided to make Spartanburg her home.

Prior to her move, Liz lived in North Carolina for over 35 years, most recently in the Winston-Salem/Greensboro area. In addition to hiking in the mountains and swimming at the beach, she enjoyed volunteering in her children's schools and at the local food bank. After a corporate career in the IT and Manufacturing Operations fields, she decided to join AmeriCorps VISTA in order to gain nonprofit work experience. After a short time, Liz knew she had made the right decision. Liz describes her time at PAL as the second best job she ever had, after raising her children.

According to executive director Laura Ringo, "It is an honor to officially welcome Liz to the PAL team. Her passion for PAL's mission, commitment to the Spartanburg community, and interest in childhood preventative health make her a great fit."

Liz will be the Healthy Kids Coordinator, providing support and technical assistance to schools and other organizations that serve children.

Contact her [lperry@active-living.org](mailto:lperry@active-living.org).

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Partners for Active Living (PAL) transforms Spartanburg County into a vibrant, healthy, connected community where we live and grow. PAL employs four main strategies: places to walk and bike, programs to encourage activity, and policy changes and partnerships to sustain physical activity.