

FOR IMMEDIATE RELEASE

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**Canyon Ranch Institute Healthy World Scholarships Available to Individuals
Who Work or Volunteer in Low-income and Medically Underserved Communities**

Awards to commemorate 35th anniversary of pioneering health and wellness resort Canyon Ranch

TUCSON, AZ (September 8, 2014) – Canyon Ranch Institute, a 501(c)3 non-profit public charity founded by the health and wellness leaders who established Canyon Ranch, the world-renowned healthy living and luxury spa destination, announced the October 1, 2014, application deadline for the Canyon Ranch Institute (CRI) Healthy World Scholarships. Twenty-five CRI Healthy World Scholarships, each of which includes a five-day, four-night stay at Canyon Ranch Health Resort in Tucson, Arizona, will be awarded to people who work or volunteer in low-income and medically underserved communities, helping to enhance the health and well-being of their local populations.

Canyon Ranch Institute works with our partners to advance health literacy, honor cultural diversity, prevent disease, and eliminate health disparities through a proven, evidence-based, integrative approach to improving and sustaining health and well-being. Pioneered at Canyon Ranch, the integrative health approach to disease prevention and health promotion is people-centered and includes a focus on physical activity, healthy nutrition, sense of purpose, and positive behavior change.

To celebrate its 35th anniversary and to advance Canyon Ranch Institute's community efforts, Canyon Ranch generously donated the 25 stays at Canyon Ranch in Tucson. During each stay, scholarship recipients will have the opportunity to participate in integrative health and wellness activities and classes, experience healthy gourmet meals from award-winning Canyon Ranch chefs, and take part in collaborative workshops with Canyon Ranch Institute team members and fellow scholarship recipients.

"My original and eternal hope was that Canyon Ranch would be able to reach out to the people who need us, not just the guests who can afford us," said Mel Zuckerman, Founder of Canyon Ranch Institute and Canyon Ranch.

CRI Healthy World Scholarships are available in five categories:

- **Richard H. Carmona Scholarship for Returning Veterans**, in honor of CRI President Richard H. Carmona, M.D., M.P.H., FACS, for veterans of the U.S. Uniformed Services deployed in world conflict areas since 2001
- **Arts and Health Scholarship**, for people who are using the arts to enhance health
- **Healthy Garden Scholarship**, for people who are involved with community or school garden programs
- **Healthy Schools and Communities Scholarship**, for people who are working to improve health and well-being in schools and communities
- **Healthy Table Scholarship**, for people who are involved with healthy shopping, cooking, and nutrition programs

“The Canyon Ranch Institute Healthy World Scholarships help connect CRI with individuals who are serving their communities to improve the health of underserved populations,” said Jennifer Cabe, M.A., Executive Director and Board Member of Canyon Ranch Institute. “Through the generosity of Canyon Ranch, we are able to further our mission to catalyze optimal health and wellness for all people by supporting scholarship recipients who are making a difference as veterans of the U.S. Uniformed Services, by starting or nurturing garden efforts, within the arts for health, through healthy food and nutrition programs, and throughout schools and communities nationwide.”

CRI Healthy World Scholarship recipients will have access to a variety of health and wellness services, programs, and activities during their stays at Canyon Ranch. Recipients can choose from over 40 complimentary fitness classes offered each day; guided hikes, walks and biking trails; a health and fitness assessment reviewed by a nurse educator; a daily selection of wellness presentations, workshops, and cooking demonstrations; and other sports and integrative wellness services and activities.

Applicants may select up to two scholarship categories for which they wish to apply. The dates for the Canyon Ranch stays are specific to each scholarship category and are included with the application instructions.

For more information on how to apply, click [here](#). The deadline to apply is October 1, 2014, and scholarship recipients will be announced in January 2015.

About Canyon Ranch Institute®

Canyon Ranch Institute catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and our partners to help educate, inspire, and empower every person to prevent disease and embrace a life of wellness. Canyon Ranch Institute is a 501(c)3 non-profit public charity. More information is available at www.canyonranchinstitute.org. On Twitter [@CRIhealthyworld](https://twitter.com/CRIhealthyworld)

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