



For Immediate Release

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West LACEO and Chiropractor Launches Outreach to Boost Volunteerism

Los Angeles(*DATE HERE*). Stephanie Higashi, DC, is founder and chief executive officer of Health Atlas, a group of eight multi-disciplinary clinics in California and Florida. While running a thriving practice, she still makes time for a number of local community outreach initiatives and encourages her patients, staff and others to do the same. To inspire others, she leads by example.

Dr. Higashi, who has conducted charity work locally, in Mexico, and in Central America, said she was moved to act because she believes there are many areas in every community that can be improved, providing a higher quality of life for all residents. “Together we can enhance and enrich our communities and health,” she said. “Anything we do collectively makes a difference.”

Higashi and her Health Atlas doctors and employees are actively involved with MyLA311, a city-wide program to remove graffiti for keeping communities clean and safe. Other efforts include participation with the Peace Riders in South Central LA on the fourth Sunday of each month along with local police, non-denominational churches and community members. The volunteers pass out peace material to adults and bags of gifts to the children. Since the program’s initiation, crime has reportedly decreased by 30 percent.

On Dec. 21, Higashi’s group will be among the participants in the annual downtown “Skid Row Run” to help furnish clothes and blankets for many recipients who “only have the clothes on their back,” Higashi said. She and others are trying to enlist more volunteers for the Los Angeles Regional Foodbank on East 41st Street

“I know it may seem overwhelming, but if you start in microcosm, I believe you can spread it at the grass-roots level to the world at large,” she said. “At some point in our lives, we’ve received help from somebody, and I hope we can pay it forward for others who need help.”

Also, Health Atlas sponsors “Joys and Toys for Kids” at each clinic where toys, clothing, other gifts and essentials for young people are collected and then distributed through the Children’s Lifesaving Foundation and other local orphanages.

Higashi’s outreach extends to those who may be reluctant to work directly with the public. She said volunteering includes the number of work opportunities either behind the scenes or at the events. “Don’t forget donations,” she said. “Let’s all focus on something each of us can do. We’ll get things done and make life better for everyone.”

To find out more about the benefits of and opportunities for volunteering in the community, please call (310) 390-9018.

About Health Atlas

Dr. Stephanie Higashi, doctor of chiropractic, is the founder and Chief Executive Officer of Health Atlas, an Integrated Health Care franchise. Health Atlas, consisting of eight clinics in Florida and California, offers a multi-disciplinary comprehensive approach to healing, which includes medical services, chiropractic, acupuncture, physio-therapy, therapeutic massage, and diagnostic testing. For more information and locations, visit the website at www.healthatlastnow.com.