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Peoples Health Honors Champion Julia Hawkins at Saints Home Game

METAIRIE, Louisiana – The Peoples Health Champions Program honored Julia Hawkins during the New Orleans Saints game against the Carolina Panthers on Dec. 3, 2017, for setting a world record in her age group for the 100-meter dash. Hawkins was 101 at the time, and she is recognized for doing something extraordinary after age 65, proving that excellence is achieved through experience.

On June 6, 2017, Hawkins took home a gold medal for setting the new world record in the 100-meter dash at the National Senior Games in Birmingham, Alabama, without ever previously competing in the event. In fact, she had only taken up running a year earlier, at age 100. She credited her victory to the lifelong competitive spirit and passion that have helped her successfully pursue increasingly challenging and varied interests throughout her life.

Hawkins keeps an active schedule to maintain both mental and physical fitness. When she's not riding her bike, tending to her garden or writing her latest memoir, she gives motivational and historical talks for various organizations. For more about Hawkins' achievements and passion for life, visit <http://champions.peopleshealth.com/meet-the-champions>.

About Peoples Health Champions

In collaboration with the New Orleans Saints, the Peoples Health Champions Program honors individuals who shatter the myth that ability diminishes after the age of 65 and who instead prove that excellence is achieved through experience. Nominees must be at least 65 years of age and reside in Louisiana. For more information about the program, including details on how to nominate someone as a Peoples Health Champion, visit <http://champions.peopleshealth.com>. Nominations can be submitted online, or call 1-877-712-7320 for a nomination form.

About Peoples Health

Established in 1994, Peoples Health is a Medicare Advantage organization serving more than 60,000 Medicare beneficiaries in Louisiana. Peoples Health Medicare health plans have been rated 4.5 out of 5 stars by Medicare for 2018, making them the highest-rated plans in the state. The physician-owned company administers and provides a unique approach to wellness, care coordination and support services for plan members. The company is a proud supporter of many social, cultural, athletic and health organizations and holds an NCQA accreditation. Visit <http://www.peopleshealth.com> for more information.



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