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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Jenni (Gluszek) McCausland
Kristi Zukovich
316-660-9370

FOR IMMEDIATE RELEASE

Sedgwick County Health Department Promotes “Walktober” for Families

(Sedgwick County, Kansas) – The Sedgwick County Health Department is celebrating Walktober -- a month-long walking program designed to help incorporate walking into your daily routine and provide an easy, sustainable avenue to exercise, in October and beyond. This is the perfect time of year for a walking program because the temperature is comfortable and the nature is brilliant.

If you would like to participate, contact Kim Walker at 660-7346 or kmwalker@sedgwick.gov. She will email or mail you a calendar to keep track of your walking through the month of October. To be considered for winnings and prizes, a family (2 or more) must walk a minimum of 30 minutes per day for 5 days a week, or a total of 150 minutes per week. Return your calendar card by November 7 to the Sedgwick County Health Department. All families who walk 150 minutes per week will have their name placed in a drawing to receive a prize. The winning family will be notified on or before Friday, November 20th, 2009.

“Walktober is a great no-cost activity for families to participate in together,” said Sedgwick County Health Department Director Claudia Blackburn.

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