

April 28, 2016
PRESS RELEASE
 FOR IMMEDIATE DISTRIBUTION

CONTACT:
 Spalding County Parks, Public Grounds and Leisure Services
 (770) 467-4750

**SPALDING COUNTY PARKS, GROUNDS AND LEISURE SERVICES TO
 OFFER A NEW WALKING CLUB**

The Spalding County Striders, a Spalding County Parks, Public Grounds and Leisure Services volunteer operated program, will begin hosting group walking activities on Saturday mornings from 9:00 a.m.-10:00 a.m.

Benefits include exploration, fellowship, safety, motivation, and overall improvement of health! Research has shown that walking at least 30 minutes a day can help reduce risks of coronary heart disease and stroke, improve blood pressure, blood sugar levels, maintain body weight and lower the risk of obesity.

While exploring the County’s hidden treasures, group walking will provide a safe activity that encourages fitness and fellowship! Participants will have the opportunity to meet new people, who share similar fitness/health goals. It is a known fact that people in a group are safer than individuals who walk alone.

Get up and join in! Walk, Trot or Run- ALL ABILITIES WELCOMED!

For more information on this program, please contact spaldingstriders@gmail.com

Park	Wyomia Tyus Park	City Park	Orchard Hill	Jordan Hill Upper Trail
Meeting location	Parking lot closest to the lake	In front of Gymnasium	In the Parking Lot	Parking lot of Jordan Hill Elementary School
Dates	May 7, 2016	May 14, 2016	May 21, 2016	May 28, 2016
	June 18, 2016	June 4, 2016	June 11, 2016	June 25, 2016
	July 16, 2016	July 2, 2016	July 9, 2016	July 23, 2016
	August 13, 2016	June 30, 2016	August 6, 2016	August 20, 2016
		August 27, 2016		

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