



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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Women's Health 5K Run & 1 Mile Mother-Daughter Walk set for April 30

FOR IMMEDIATE RELEASE

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Three generations of women walked together to promote health in the first Women's Health 5K Run and 1 Mile Mother-Daughter Walk two years ago. The grandmother, who was approaching her 80th birthday, was accompanied by her middle-aged daughter and two adult granddaughters.

When the oldest walker in the competition was recognized, her daughter said, "My mother has set the example for our family of preparing and eating nutritious food and exercising regularly. In honor of her, my daughters and I hope to emphasize to all women that they can make healthy lifestyle choices that can be sustained over a lifetime. We are very proud that she is with us here today."

Families and individuals alike are encouraged to participate in the Third Annual Women's Health 5K Run and 1-Mile Mother-Daughter Walk which will be held in downtown Birmingham on Saturday, April 30.

"This run/walk event will help bring families together once again to celebrate the health of our grandmothers, mothers, daughters and sisters," said Jessica Hardy, director of the Office of Women's Health. "This event increases the awareness of women's health issues in Alabama and highlights resources that are available for better health and wellness for women in our state."

"Women on the Move to Improve Women's Health" is the slogan for this year's event which is sponsored by the Office of Women's Health of the Alabama Department of Public Health, St. Vincent Health System and the City of Birmingham. It will be held at Linn Park, 710 20th St., as a part of the ONB Magic City Art Connection. Proceeds will help sustain initiatives addressing obesity and healthy lifestyle choices such as New Leaf and BodyWorks that are offered in local Alabama communities.

Register online at www.active.com. For more information, contact Dechelle Merritt by email at dechelle.merritt@adph.state.al.us, by phone at 334-206-5669, or visit the website at www.adph.org/owh. All family members are welcome, and admission is free for children 5 and under. Advance packet registration pick-up will be held April 28 and 29 at the St. Vincent's Health System One Nineteen Wellness Center, 7191 Cahaba Valley Road, Hoover.

For information about women's health initiatives, please visit alabamahealthywomen.com.

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