



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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First Montgomery Women’s Health 5K Run and 1-Mile Mother Daughter Walk set for May 11

FOR IMMEDIATE RELEASE

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Families and individuals alike are encouraged to participate in the Women’s Health 5K Run and 1-Mile Mother-Daughter Walk which will begin at the Wilson YMCA–Park Crossing Road (Ray Thorington-Taylor Connector Road) on Saturday, May 11 at 8 a.m.

“This run/walk event will help bring families together 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 awareness of women’s health issues in Alabama and highlights resources that are available for better health and wellness for women in our state.”

“On the Move to Improve Women’s Health” is the slogan for the event which is sponsored by the Office of Women’s Health Advisory Committee in partnership with Baptist Health. Proceeds will be used to help sustain initiatives addressing obesity and healthy lifestyle choices such as Heart Health Champions training, New Leaf, BodyWorks and Girls on the Run that are offered in local communities of Alabama. A portion of the proceeds will be used to sponsor selected girls’ participation in the 2013 Fall Girls on The Run Program.

For several years, the Office of Women’s Health has co-sponsored a similar 5K run/walk in the Birmingham area. This year’s run/walk will be held in Homewood May 18.

Register online in advance 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 at the Wilson YMCA, 1445 Wilson Park Drive, Friday, May 10, and late registration will be held at 7 a.m. on the day of the event.

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