



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104
Phone 334-206-5300 Fax 334-206-5534

www.adph.org

Fifth Annual Jefferson County Women's Health 5K Run and 1-Mile Mother Daughter Walk set for May 18

FOR IMMEDIATE RELEASE

CONTACT:

Jessica Hardy
(334) 206-5226

Families and individuals alike are encouraged to participate in the Women's Health 5K Run and 1-Mile Mother-Daughter Walk at the Homewood Greenway Walking Trail, Lakeshore Drive across from Samford University on Saturday, May 18 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 the St. Vincent's Health System and the city of Homewood.

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.

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 St. Vincent's One Nineteen Health and Fitness, 7191 Cahaba Valley Road, Hoover, on Friday, May 17, and late registration will be held at 7 a.m. on the day of the event.

For information about this event and other women's health initiatives, please visit alabamahealthywomen.com.