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Frederick County Health Department

News Release

CONTACT: Darlene Armacost
Public Information Representative
Community Health Services
301-600-3363
TTY: Use Maryland Relay
DArmacost@FrederickCountyMD.gov

FOR IMMEDIATE RELEASE:

JUNE 11, 2015

“WALKING FOR WELLNESS” FREE FAMILY KICK-OFF EVENT **June 20, 2015 from 9:00am – 1:00pm**

FREDERICK, MD -- The Frederick County Health Department has partnered with Frederick County Parks & Recreation and Docs in the Park to bring you a FREE Family Kick-Off Event, “Walking for Wellness.” Join us Saturday, June 20th from 9am-1pm at the Fountain Rock Park in Walkersville (rain or shine). The event will feature a FREE breakfast provided by Wegmans, FREE health screenings, health vendors, and many activities for the kids, such as a Moon Bounce, playground activities, and games led by the Fountain Rock Nature Center staff.

The goal of “Walking for Wellness” is to motivate residents to walk more. Walking is a healthy, low cost activity that most everyone can do. At the Kick-Off, “passports” will be given to participants who register for the program. Each passport lists the names of 11 parks in Frederick County. There are prizes for those who walk 5, 8, or all 11 trails. When participants finish walking the trails, qualifying passports are redeemed for prizes by returning them to the Frederick County Parks and Recreation office at 355 Montevue Lane, Frederick, MD. Prizes vary from outdoor lawn games and T-shirts, to free cooking and fitness classes. Participants who walk all 11 trails are entered into a drawing to win a \$100.00 Wegmans gift card.



Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

350 Montevue Lane ▪ Frederick, MD 21702

Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258





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Passports can be picked up the day of the Kick-Off event or anytime at the Frederick County Health Department, the Frederick County Parks & Recreation office, the Asian American Center of Frederick, and at some doctor's offices.

For more information on the "Walking for Wellness" Free Family Kick-Off Event, please [click here](#) or contact Elizabeth Wolfe at (301) 600-3113 or at ewolfe@frederickcountymd.gov or Amy Vagnoni at (301) 600-2383 or at avagnoni@frederickcountymd.gov.

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