

FOR IMMEDIATE RELEASE

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Indoor Walking Program Begins November 13

HANCOCK, MI – A free indoor walking program for adults of all ages begins Thursday, November 13, 2008, at 7:30 a.m. in the Finlandia University Paavo Nurmi gymnasium.

The walking program continues throughout the winter each Tuesday and Thursday morning from 7:30 to 9:00. The program provides adults of all ages an indoor setting for regular exercise, as well as opportunities to meet and talk with others.

There is no charge and registration is not necessary. Please wear soft-soled walking shoes or tennis shoes.

The walking program is sponsored by the Western UP District Health Department and the City of Hancock.

If you need a ride to participate in the walking program, the City of Hancock transit bus will provide program participants a 50% discount on a round trip to the Paavo Nurmi Gym.

For additional information please call Rachelle Bachran at 482-7382, ext.189.