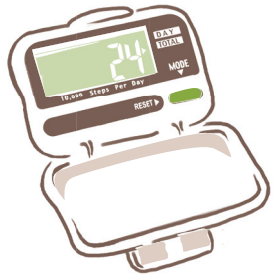


Take a Walk!

This series of six walks on six consecutive Saturday mornings starting September 27, 2008 and ending up on November 1, 2008 is designed to introduce residents to the benefits of physical activity and health nutritional habits while concurrently offering the opportunity to discover the beauty of the Erie County Parks system.

Each walk registration will start at 9am with the guided walk commencing at 10am. There will be two guided walks offered each week, one approximately 30 minutes long and one approximately 45 minutes long. The choice is yours as to what you feel your physical activity level is.

Need more motivation?



All participants will receive a pedometer to track their steps, a walking log to help keep track between walks and access to the America on the Move web site to help track physical activity and receive motivational tips.

The first 400 participants to register at each walk will receive an incentive designed to help make it easier for you to be active!

Participate in 5 out of 6 walks and turn in your tracking logs and be entered into a drawing to win one of six \$50.00 Wegmans Gift Cards!



Be Active Erie County!
c/o the Wellness Institute
65 Niagara Square, Room 607
Buffalo, NY 14202



Be Active Erie County! is a series of free guided walks for all ages in beautiful Erie County parks
Phone: 716-851-4052

Proudly Sponsored by



Wegmans

Be Active Erie County!

Be Active Erie County! is a series of free guided walks for all ages in 6 of the beautiful Erie County parks system brought to you through a collaboration between multiple Erie County Departments, Wegman's, and the Wellness Institute.



Not only will you be able to discover the beauty of the parks in your own back yard but you will also be offered multiple education and screening opportunities to help you improve your health! Come learn simple things that you can do to be a healthier you!

Healthy family fun

At every walk, you'll be able to learn more about how to get healthy and stay healthy. You can talk with pharmacists and nutritionists, get free health screenings, learn how to eat well or even quit smoking!

Walk 1 Ellicott Creek Park 9/27/08

Label reading and healthy choices - nutritionist from the FDA
Healthy choices from Wegman's - talk about local apples
BMI (body mass index) from Catholic Health Athleticare
Bone density screening and education - Sisters Hospital
Blood pressure stations - ECDOH, Tobacco cessation services

Walk 2 Chestnut Ridge Park 10/4/08

Tobacco Cessation - ECDOH
Erie Niagara Tobacco Free Coalition
Bone density screening and education - Sisters Hospital
Blood pressure stations - ECDOH

Walk 3 Akron Falls Park 10/11/08

Cancer Prevention - Partners for Prevention
Bone Density Screening and education - Sisters Hospital
Cholesterol Screening from Catholic Health Community Education
Ask the Pharmacist, medication education from Wegman's Pharmacy
Blood Pressure Stations - ECDOH, Tobacco Cessation Services

Walk 4 Emery Park 10/18/08

Bone Density Screening and education - Sisters Hospital
Blood Pressure Stations - ECDOH, Tobacco Cessation Services

Walk 5
Riverwalk - (foot of Ontario Street) 10/25/08
Diabetes Screening from Catholic Health Community Education
Ask the Pharmacist, medication education from Wegman's Pharmacy
Bone density screening and education - Sisters Hospital
Blood Pressure Stations - ECDOH, Tobacco Cessation Services

Walk 6 Como Lake Park 11/1/08

Easy exercise demo
Bone density screening and education - Sisters Hospital
Blood Pressure Stations - ECDOH, Tobacco Cessation Services

Sign-up

Sign up by mailing the completed registration form to the Wellness Institute at the provided address or bring your completed form with you to the first walk you attend.

Registration Form

check the park walk you will be attending

1	Ellicott Creek Park 9/27/08	9:00am	Free
2	Chestnut Ridge Park 10/4/08	9:00am	Free
3	Akron Falls Park 10/11/08	9:00am	Free
4	Emery Park 10/18/08	9:00am	Free
5	Riverwalk 10/25/08	9:00am	Free
6	Como Lake Park 11/1/08	9:00am	Free

Name _____

Address _____

Phone _____

E-mail _____

Please register me for the America on the Move website, I understand that I will receive my sign in information at the first walk.

mail to : Be Active Erie County
c/o The Wellness Institute
65 Niagara Square, Room 607
Buffalo, NY 14202

I will register myself on the America on the Move website at www.americaonthemove.org

For more information about
Erie county events visit:

Web site: www.erie.gov