

Walking for Wellness Kicks Off September 4

08.28.2007

A Walking for Wellness Program will have a special kickoff event this Tuesday, September 4, at the Sand Plum Trail at Rader Park in Weatherford. Starting time is 7 p.m.

Southwestern Oklahoma State University is one of the partners in the project that is being sponsored by the City of Weatherford Parks and Recreation Department. Volunteer co-chairpersons of the project are SWOSU's Vicki Hatton and Patti Harper.

Hatton said the program is designed to encourage more people in the Weatherford area to take up walking on a regular basis. The goal is to raise awareness and community involvement as well as provide an opportunity for fitness and fun.

"Folks tend to walk more, and have more fun doing so, if they are involved in a program like this," Hatton said.

To be included in the free program, participants are required to submit a monthly walking log. Program information and walking logs will be available at the September 4 event. The logs will also be available at the Parks and Recreation Department at Weatherford City Hall, 522 West Rainey.

Walking logs submitted by the third day of each month will be included in a monthly drawing for a prize. To be eligible for the first year's grand prize, individuals must submit a monthly log each month, which can be submitted at the Parks & Recreation Department, SWOSU Campus Mailroom, SWOSU Wellness Center, Wal-Mart, Weatherford Public Library, Weatherford Regional Hospital or the YMCA.

For more information about the Walking for Wellness Program or how a person can become involved, contact the Parks and Recreation Department at 580.774.2450 or any of the volunteer program committee members: Debbie and Mike Brown, Carolyn and Stuart Burchett, Kim Catterson, Buffie Exinia, Lucas Grounds, Patti Harper, Vicki Hatton, Dawn Hollander, Barbara Jones, Genevia Koch, Suzy Maness, Trent Perkins, Ruby Parker, Radonna Sawatsky, Jeff Short or Janet Smith.