
FOR IMMEDIATE RELEASE



FOR INFORMATION CALL

July 29, 2016

Ald. Cavalier Johnson
(414) 286-3777

Alderman Johnson invites residents to join him for Sunday walk

Alderman Cavalier Johnson will lead a one-mile walk in the Capitol Heights neighborhood on **Sunday, July 31**, as part of the “**Walk 100 Miles in 100 Days**” initiative with **Mayor Tom Barrett**.

Alderman Johnson is encouraging anyone interested to please join him for the walk, which will begin at N. 63rd St. and W. Hope Ave. at **2:30 p.m. (rain or shine) on Sunday**. Mayor Barrett will have remarks before and after the walk, specifically focused on why Capitol Heights was chosen for the walk.

“Staying vital and healthy is very important and walking is a great exercise to improve one’s health,” Alderman Johnson said. “I am asking neighbors to please join me for a pleasant and refreshing walk on Sunday.”

“Walk 100 Miles in 100 Days” is a city-wide effort to engage Milwaukee residents and families to lead a more active lifestyle and implement physical activity into daily routines.

Please visit www.city.milwaukee.gov/Walk100 for more details on the program, to see about registering and to track your progress. A list of scheduled walks can also be found on the website.

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