
FOR IMMEDIATE RELEASE



FOR INFORMATION CALL

July 21, 2006

Ald. Joe Davis, Sr.
(414) 286-2221

MEDIA ADVISORY

Health & Wellness Goal of “Walk for Wellness” Event Saturday on City’s Northwest Side

Raising awareness in the community about activities that promote public health and physical wellness is a key role that public officials don’t emphasize enough, **Ald. Joe Davis, Sr.** said.

With that in mind, Ald. Davis is promoting tomorrow’s “**Walk for Wellness Day**” sponsored by the Redeemed Christian Church of God - City of Praise, 5401 N. 76th St. Pastor Fola “Willie” Ojo said the **5-mile walk** is intended to raise awareness in the community that regular walking can help strengthen the heart, can help reduce the risk of heart disease, helps boost a person’s energy level, and can bring families together for a fun activity.

Walk participants will gather at the church at 5401 N. 76th St. tomorrow (Saturday, July 22) at 8:30 a.m. and then proceed as a group at 9:00 a.m. east on W. Silver Spring Dr. to N. 64th St., and then south to W. Hampton Ave. and then back west on Hampton and back north on 76th St. to the church. Refreshments will be served after the walk at the fellowship hall of the church. **Media coverage is encouraged.**

WHAT: Community walk & refreshments
WHEN: Saturday, July 22 at 9:00 a.m.
WHERE: City of Praise Church, 5401 N. 76th St.

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