

## Walk your way to a healthier you!

Join Deaconess, WIKY and HOT 96 for twelve Saturdays this spring and summer, and walk your way to health and wellness. Join us at a different park or walking trail to explore the wonderful outdoor spaces that our region has to offer. Children of all ages (including those in strollers) and leashed pets are welcome to attend. Healthier U Walks are completely free.

On the third Saturday of each month, join Mayor Winnecke for the Healthier U Walk, followed by Fitness In The Park, an initiative of Energize Evansville.

All walks are from 9:00-10:00 a.m. You can walk at your own pace, for any distance you wish. Be sure to come early for registration and giveaways.

<b>April 8</b>	Garvin Park <i>Deaconess Clinic Podiatry</i>	<b>May 27</b>	Wesselman Park <i>The Women's Hospital</i>
<b>*April 15</b>	Sunset Park - Evansville Riverfront <i>Deaconess Bone &amp; Joint Care</i>	<b>June 3</b>	Henderson Riverwalk at Sunset Park <i>Deaconess Clinic Henderson &amp; Deaconess Urgent Care Henderson</i>
<b>April 22</b>	Wesselman Park <i>Deaconess Heart Services</i>	<b>June 10</b>	USI - Burdette Park Trail at Broadway Recreational Complex <i>Deaconess Home Medical Equipment</i>
<b>April 29</b>	USI - Burdette Park Trail at Broadway Recreational Complex <i>Deaconess Concussion Clinic</i>	<b>*June 17</b>	Sunset Park - Evansville Riverfront <i>Deaconess Cancer Services</i>
<b>May 6</b>	Pigeon Creek Greenway Shirley James Memorial <i>Deaconess Auxiliary &amp; Lifequest Corporate Challenge</i>	<b>June 24</b>	Pigeon Creek Greenway Shirley James Memorial <i>Deaconess Bone &amp; Joint Care</i>
<b>May 13</b>	Deaconess Sports Park <i>Employee Wellness</i>		
<b>*May 20</b>	State Hospital <i>Deaconess Primary Stroke Center</i>		

*\*Walk with the Mayor event*



### NEW THIS YEAR: Punch cards for kids!

This year kids who attend the walks with an adult will receive punch cards to track their participation. **5 punches**=FREE, 30 minute session at SkyZone; **10 punches**=Gift cards to Gattitown; **12 punches**=Drawing for Holiday World tickets.

### BENEFITS INCLUDE:

Better health, meeting new people, learning more about the Tri-state's local walking paths, AND free health information and giveaways including a Healthier U t-shirt (**adult, child and infant sizes available**).



For more info, visit [www.deaconess.com/walk](http://www.deaconess.com/walk), or find us on Facebook at Deaconess Health System or Energize Evansville.