



For Immediate Release: 05.02.06

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Walkers Invited to Join Clubs

Walking enthusiasts – and anyone who might like to be – are invited to attend one of two kick-offs events for walking clubs sponsored by the Oak Park Department of Public Health.

Kick-off events are scheduled for 10 a.m., May 17 and 6 p.m., May 18 at the Oak Park Public Library, 834 Lake St. Certified personal trainer Jackie Carson will discuss proper warm up, stretching and starting a walk routine.

The kick-off meetings should last no more than an hour and participants will receive a free tee shirt and be eligible for a door prize.

For information call 358.5484 or health@oak-park.us.

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