



Waco-McLennan County Public Health District
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LET'S WALK WACO KICK-OFF

WACO, TEXAS (SEPTEMBER 7, 2022) – The Waco-McLennan County Public Health District announces the Let's Walk Waco Kick-Off Event on Saturday, September 10th at the Bledsoe-Miller Community Center starting at 9 a.m. Let's Walk Waco is a free 8-week walking program hosted by the Live Well Waco Coalition. Each team of up to 8 people will track how many miles they walked, and prizes – many valued at over \$200 – will be awarded along the way.

For more information and to register for Let's Walk Waco, visit the Let's Walk Waco [website](#) or the Live Well Waco [Facebook page](#). You can also register at the Kick-Off Event on Saturday. The first 100 people who show proof of registration will receive a free t-shirt and goody bag. With your registration, you will also be entered into a prize drawing.

Public Health Education Specialist Emily Green says she would love to see over 200 people participate this year. Last year over 170 community members participated and walked over 18,000 miles total!

Walking doesn't require any special skills, gym membership, or expensive equipment, and both physical and mental benefits come with walking with a group. It's a fun, safe way to socially connect with your teammates and move socially.

“We want everyone to feel like they can join Let's Walk Waco.” Green said. “Whether starting with a goal of walking from your door to the mailbox or already regularly walking throughout the week - this program is for you!”

All McLennan County residents 18 years and older are encouraged to participate. A team comprises work colleagues, family, or friends, and all activity levels are welcomed. Let's Walk Waco lasts 8-weeks, beginning September 10th through November 5th.

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