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2013 Walkers for Wellness Project

JANUARY 11TH 2013 BY DEE LOFLIN

2013 Walkers for Wellness Project

*Written by
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Dexter, Missouri - The Regional Healthcare Foundation of Dexter would like to invite you to participate in the 2013 Walkers for Wellness Project. It is a "FREE" program to promote and maintain walking as part of a healthy lifestyle.

Participants will meet at the Bearcat Event Center to sign in on Tuesday, February 5th from 6:30 a.m. to 7:30 a.m. or 6:30 p.m. to 7:30 p.m. Each person will weigh in and have their blood pressure taken.

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator stated, "All information is kept extremely confidential. This is very important to many of our participants and we want them to know it is a priority."

There will be a log book located at the Bearcat Event Center or at the Regional Healthcare Foundation office so participants can log their time spent walking. You may walk anywhere you choose, the BEC, a treadmill, city park or around your neighborhood; however the log books are only located at the BEC and RHF.

On Thursday, April 25th you will be asked to come in for your final weigh-in and final blood pressure check at the Bearcat Event Center from 6:30 a.m. to 7:30 a.m. or 6:30 p.m. to 7:30 p.m.

There will also be opportunities for participants to win prizes! Your name will be entered into a drawing when you sign up in February and when you complete the project in April, each time you sign the log book, if your blood pressure goes down and if you loose weight. Wow! That's a lot of prizes to be given away!!

Prizes include a \$100 cash prize, two - \$50 cash prizes, man's exercise watch, a woman's exercise watch and much more.

If you can not sign up on February 5th the Regional Healthcare Foundation is offering an alternative date of Friday, February 8th from 9:00 a.m. to 12 p.m. and again from 1:00 p.m. to 5:00 p.m. located at 215 W. Grant Street in Dexter. If you do not sign in on one of those dates, you will not be eligible to win any of the prizes.

Also there is an alternate date for the final weigh-in and blood pressure check on Friday April 26th at the same location between the hours of 9:00 a.m. - noon and again from 1:00 p.m. - 5 p.m. And again, you must complete the project by performing a final weigh-in

and blood pressure check to be eligible for prizes.

Regional Healthcare Foundation's Carla Boxdorfer, Project Coordinator says, "The 2013 Walkers for Wellness Project" was created to promote community awareness of the benefits of walking, for fitness and your health."

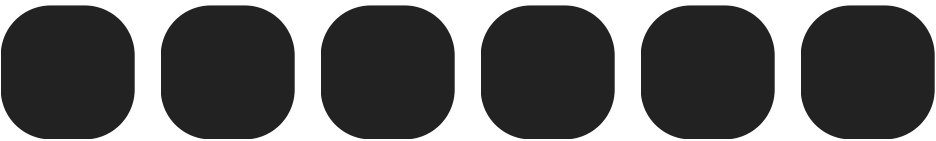
The 2013 Walkers for Wellness Project does not replace the Fitness Challenge that started on January 10th; however this project only increases those participating of having a healthy lifestyle. You are encouraged to participate in both programs.

For further information, contact Carla Boxdorfer at the Regional Healthcare Foundation at 573-624-6107. or stop in at 215 West Grant Street.

LAST UPDATED ON JANUARY 11TH 2013 BY DEE LOFLIN

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