



PRESS RELEASE 9/22/05
FOR IMMEDIATE RELEASE

CONTACT: Erica Whitfield
561-540-1300
Public Information 355-3576

HEALTH DEPARTMENT TO PARTICIPATE IN WALK TO SCHOOL WEEK

RIVERA BEACH, FL – National Walk to School Week is October 3 – 7, 2005 and this year the Palm Beach County Health Department along with the Safe Kids Coalition, Riviera Beach Fire Rescue and FedEx are sponsoring Dr. Mary McLeod Bethune Elementary in Riviera Beach, October 3, 2005.

Walk to School Day occurs every October as a way to remind parents and children of the joy walking to school can be. Health Educator Erica Whitfield of the Palm Beach County Health Department said, "In many areas the car or school bus has replaced walking to the community school. There are many great health benefits derived from walking and we hope more children will take advantage of the supervised walking activities during walk to school day."

Beginning at 6:45 A.M. easily identifiable volunteers from the community will be placed in various neighborhoods near Dr. Mary McLeod Bethune Elementary. As the students walk the volunteers will help direct them and offer activities that will make the walk pleasurable, safe and fun.

Safe Kids is also sponsoring walks on October 5, 2005, S. D. Spady Elementary, Delray Beach and Addison Misner Elementary, Boca Raton, October 6, 2005.

To volunteer or for further information call Health Promotion & Education at the Health Department, 561-540-1300.

###

