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FOR IMMEDIATE RELEASE

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Come, Take a Walk with Us!

There's nothing like taking a nice leisurely stroll on a beautiful fall day. So, gather your family and friends and even your dog and join the staff of Cornell Cooperative Extension Ulster County (CCEUC) as we embark on a fun and easy going walk through Kingston!

In an effort to promote physical activity, The Community Heart Health Coalition of Ulster County and The Kingston Hospital Foundation Kingston Walks Program offer monthly walks throughout the City of Kingston.

On Saturday, September 11, 2010, CCEUC will host their very first walk! Participants are asked to park and meet at Forsyth Park located on Lucas Avenue in Kingston at 9:00am. The walk is one mile on mostly flat and even curbed sidewalks through a neighborhood environment. The walk will include Millers Lane, Mountain View Avenue, Main Street and Lafayette Street. There is no pre-registration required, just show up! If you bring your pet please bring a bag to clean up after them.

The first 10 people to arrive will receive a FREE gift courtesy of CCEUC. Anyone who arrives wearing red will get a FREE gift as well! As an added incentive this year, each time a walker registers for any of the 12 scheduled walks, their name will be entered in a raffle for a Wii and Wii Fitness game. The drawing will take place in December 2010 (winner does not have to be present to win).

For more information about Cornell Cooperative Extension of Ulster County's community programs and events call 845-340-3990 or visit us online at www.cceulster.org or follow us and Ulster County 4-H Youth Development on www.facebook.com

Building Strong and Vibrant New York Communities