



September 10, 2015

JOIN THE FLORIDA DEPARTMENT OF HEALTH IN HAMILTON COUNTY FOR FLORIDA'S INAUGURAL 5K WALK/RUN EVENT

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Jasper — The Florida Department of Environmental Protection, Division of Parks and Recreation, Stephen Foster Folk Culture Center State Park, in Collaboration with the Florida Department of Health in Hamilton County and the University of Florida, IFAS Extension Service, will be hosting an inaugural 5K walk/run event to raise awareness on the benefits of maintaining a healthy lifestyle through proper diet and physical activity.

The event will be held on Saturday, September 26 at the Stephen Foster Folk Culture Center State Park in White Springs, Florida. Registration begins at 8:00 a.m. with the walk/run beginning at 9:00 a.m. Admission to the park and registration for this event will be free, with the first 100 registered participants receiving a complimentary gift bag on behalf of Tobacco Free Florida and the Florida Department of Health.

While this is not a timed event all skill levels of participation are invited to join in as we increase public awareness and encourage the need of increased exercise in an effort to improve lifestyles of individuals in Hamilton County and across the State of Florida.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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