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Clark County Health District • Public Information Office • 625 Shadow Lane, Las Vegas, NV 89106 • 385-1291

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## Media Advisory

Media Contacts: Jennifer Sizemore  
(702) 383-1225  
David Tonelli  
(702) 383-6320

April 7, 2005  
FOR IMMEDIATE RELEASE

### Public Invited to Community Fitness Walk Friday Morning

**WHAT** A free community fitness walk open to the public. Limited supplies of free pedometers and water bottles will be available to walkers. In addition, health information, blood pressure checks and a Medicare counseling booth will be available on site.

The fitness walk will follow a course approximately one-half mile long. Walkers are welcome to repeat the course as often as they please.

**WHEN** Friday, April 8, 2005  
Registration begins at 7 a.m.  
The fitness walk begins at 7:30 a.m.

**WHERE** Boulevard Mall (indoors)  
3528 S. Maryland Parkway  
Las Vegas, NV 89106

*Please access the Boulevard Mall through the East entrance, next to J.C. Penney.*

**WHY** The Clark County Health District is celebrating National Public Health Week, April 4 - 10, 2005. In tandem with this year's theme, "live stronger, longer," the district is encouraging seniors to engage in healthier and more active lifestyles. The community fitness walk is an opportunity for everyone to join health district staff in walking their way to good health.

**For more information, contact the health district Public Information Office at (702) 383-5015.**