



News from the Office of
ERIE COUNTY EXECUTIVE MARK POLONCARZ

NEWS RELEASE

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ENJOY A “WALK IN THE PARK” THIS AUTUMN AT ERIE COUNTY PARKS

Guided Walks at Various County Parks Feature Health Screenings, Seasonal Foliage

ERIE COUNTY, NY— Today, Erie County Executive Mark C. Poloncarz was joined by Health Commissioner Dr. Gale Burstein to announce that guided walks for all ages will be returning to the Erie County parks system this fall. Presented by the Erie County Department of Health and the Wellness Institute of Greater Buffalo, the “Walk in the Park” schedule begins Saturday, September 14 at the Ellicott Creek Park casino.

“I encourage all residents to come out on an upcoming Saturday to visit one of our beautiful Erie County parks and enjoy a guided walk with unparalleled fall foliage,” **said Poloncarz**. “This is a great time of year to be outdoors, and these walks provide good exercise and fresh air.”

Commissioner Burstein added, “The health benefits of walking are well known, and I hope that people will bring their families along for the exercise and scenery they can enjoy together in our parks. There will be six opportunities to get outside and ‘Be Active’ with these guided walks, so enjoy the fall season with spectacular scenery and healthy activity.”

Meeting places will be posted at park entrances. All walks are on Saturdays, with registration beginning at 9:00 AM on site. Walks take from 30-60 minutes and may not be on smooth pavement. **The schedule for the 2013 “Walks in the Park”:**

- September 14 at Ellicott Creek Park (begins at casino)
- September 21 at Sprague Brook Park (begins at casino)
- September 28 at Akron Falls Park (begins at Cummings lodge)
- October 5 at Como Lake Park (begins at casino)
- October 19 at Chestnut Ridge Park (begins at casino, walk and hike)
- October 26 at County Forestry, East Concord (begins at lodge; walk and hike)

Wellness services provided at walks include blood pressure checks, smoking cessation information and products, and other safety and health education materials. Additionally, in celebration and support of National Falls Prevention Awareness Week, which officially kicks off on September 22, a limited number of night lights will be available for seniors over 60 who attend the September Walks!

For more information, call (716) 858-7226 or (716) 851-4052 or visit www.erie.gov/health