

Project 'Shape Up Shawnee' begins today  
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Today, Turning Point Coalition will begin a new fitness and health project called "Shape Up Shawnee," and those who participate will "start walking to a healthier lifestyle," said Holly Gordon, health and safety coordinator with the American Red Cross.

A meeting of participants will begin at noon today in front of Movies 6 in Shawnee Mall. Those participants will then walk to "shape up" from 12:15 p.m. to 12:45 p.m.

Shawnee Mayor Chuck Mills will attend today's meeting in an effort to boost community involvement, said Anita Bruce with Crossroads Headstart. Bruce said the goal of the program is "getting people up and active."