

Walk This Weigh kicks off Saturday

By Special to the E-E

The third annual “Find Your Path To A Healthier You” kicks off from 9 a.m. - 10:30 a.m. Saturday at the local YMCA, 101 N.E. Osage.

Run, walk or ride to a healthier you. Whether moving a little or a lot, there is something for the entire family.

Pre-register and bike check are at 8 a.m. Information and free health screenings are available inside the YMCA.

Complimentary drawings are at 10:30 a.m., T-shirts available for participants, pedometers and water are provided by McDonald’s. There will be cash and prize drawings for each event.

Free and noncompetitive “Breathe Easy Event” kick-off is at 9 a.m.; 9:05, biking route — 7 and 14 miles (helmets required); 9:10, jogging route 4 miles; 9:15, wheelchair route same as walking; 9:20, walking route 2 miles. Kids under 12 must be accompanied by adult.

For more information call Washington County Health Department at 335-3005 or Natalee Springer at YMCA, 336-0713.