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Walk this Weigh kickoff set Saturday

Patti K. Locklear

The Partners Acting as Change Agents (PACA) and the Health and Wellness Subcommittee will be hosting their “Walk this Weigh Woodward” kickoff Saturday at the George Goetzinger Walking Trail in Woodward. Events start at 10 a.m.

According to PACA members, there have been 57 teams signed up to participate and 264 individuals, with more signing up every day. The event has definitely exceeding everyone’s expectations for the first-ever event.

The program is part of an initiative through the Turning Point program, according to Lana Shaffer, Turning Point Field consultant with the Oklahoma State Department of Health. Turning Point was developed to create a new way of thinking about health in Oklahoma and emphasizes on a collaboration of state and local partners.

Shaffer said it has been determined that in Oklahoma, physical activity and nutrition is what the health department is focusing on this year.

“We got together with PACA and decided that this would be a great way to get the community and the surrounding areas active,” said Shaffer.

The two organizations have gathered many sponsors and they say that the businesses in the area have been very supportive by donating prizes as well.

For more information, interested people may contact any of the following: PACA office at 571-3240; Brent Hubbard at the Woodward Regional Hospital, 254-8665; Jolena Graves or Lana Shaffer at 921-2029.