

The Fayette County Healthy Lifestyles Task Force is sponsoring these Wednesday Walks throughout Fayette County. The series is designed to improve the health of Fayette County residents by increasing their level of physical activity. Along with this goal, the series will educate participants on the history of local sites, as well as the cultural and environmental importance of these places. Walks are scheduled for 10 weeks throughout the spring and summer.

The Healthy Lifestyles Task Force is a sub-committee of the Fayette County Community Health Improvement Partnership. The task force was implemented in 2003 as a result of the community health needs assessment. The goals of the task force are to improve the health of Fayette County residents by increasing their level of physical activity and promoting healthful eating habits.



If your schedule won't allow you to participate in our Wednesday Walks, check out Ohiopyle State Park. Join one of the park rangers as they guide you on a walk or hike throughout the park. Log on to <http://www.dcnr.state.pa.us/stateparks/Parks/ohiopyle> for a schedule and more information.

Healthy Lifestyles Task Force Member Agencies



American Heart Association
Learn and Live

Dads Matter



Fayette County Behavioral Health Administration

DEPARTMENT OF HEALTH



PENNSYLVANIA



College of Agricultural Sciences

H.L.T.F.
Healthy Lifestyles Task Force
Of Fayette County

For more information, or directions to any of the walks:

www.stepstoshealthierfayettecounty.org

Look on the calendar of events.



Fayette County
Wednesday Walks 2010

Sponsored by

H.L.T.F.
Healthy Lifestyles Task Force
Of Fayette County

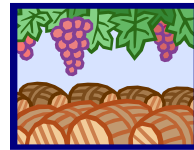
June 23—Hopwood-If you missed the first Wednesday Walk in 2008, here is your chance to hear host Jim Tobal and learn about the historic road, the stone houses, and about Hopwood, the Pearl of the Pike. Meet at the Hopwood Fitness Center



June 30—Shady Grove History Tour. Walk around the park with guide, Toni Tesauro and reminisce about the good old days! Meet at the parking lot.

July 7—Connellsville Churches-We will begin the walk featuring historical churches in Connellsville at the Presbyterian Church at the corner of South Pittsburgh and East Green. There are 2 lots available for parking.

July 14—Friendship Hill-This well marked two mile loop through the park will be hosted by park staff as they give you information on the former Albert Gallatin home and its history.



July 21- Christian Klay Winery-An annual favorite. Join Sharon Klay again this year as she tells of the history of the winery. Meet at the barn for a walk into the vineyards.

July 28- Jumonville-This walk will lead you to the cross. On a clear day the mountaintop boasts a view of three states and seven counties with sights up to 50 miles away. The 60 ft tall steel cross is our destination. Join us on this moderately strenuous hike to learn more about it.



August 4—Brownsville -Meet at the rear of the Northside Firehall, 520 Market Street. Walk to Front Street and learn about many of the historic homes there. Continue through Market Street with a stop to view the historic buildings and the wharf.

August 11- Perryopolis. Tour the historical sites of Perryopolis: Grist Mill, Distillery, Old State Bank, and the Mary Fuller Frazier Home. Meet at Sampey Park.



August 18- New Meadow Run-A mountain walk through New Meadow Run. Members of the community will be at the entrance to direct folks where to park.

August 25-Smock-Join us on a stroll through the town as we find out why the architecture in Smock is different from other early coal towns.

All walks will be held on Wednesdays and begin at 6:30 p.m.