



May 24, 2010

FOR IMMEDIATE RELEASE

CONTACT: Maryanne Aldrich

(603) 747-9189

## **NH First Lady to Celebrate Walk NH Week in North Haverhill**

Woodsville – Join Cottage Hospital and Horse Meadow Senior Center on Tuesday, June 1 at 1:30 PM, as we will celebrate *Walk NH Week 2010* with First Lady Dr. Susan Lynch leading a 1 mile walk on Horse Meadow Road. Everyone is welcome and encouraged to join in this kick off event.

*Walk NH Week* is an event designed to encourage people of all ages to get out, get moving and participate in a one to three mile community walk. Governor John Lynch has proclaimed June 1-7 *Walk NH Week* as a way to promote walking and help keep New Hampshire residents on a healthy path. The goal of *Walk NH Week* is to inspire participants to continue walking as part of a healthy lifestyle long after the June events end.

The community walk will begin at 1:30 on Tuesday, June 1. Participants should gather at Horse Meadow Senior Center on Horse Meadow Road approximately 15 minutes before the walk. All are welcome to participate in this easy walk that promises to be some healthy fun. Be sure to let your friends, family and co-workers know about this special event.

For more information visit Walk NH's website at [www.WalkNH.org](http://www.WalkNH.org) or [www.CottageHospital.org](http://www.CottageHospital.org) for more details about this walk and the Walk NH program.

###