



Media Advisory for September 21, 2016

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Dr. Terry Mason, Chief Operating Officer of the Cook County Department of Public Health, (CCDPH) will be accompanied by Illinois State Representative William (Will) Davis, 30th District, on a 30-minute walk at the newly opened Oak Forest Heritage Nature Preserve.

The walk is in support of ***Go the Distance, Cook County***, a social media campaign led by CCDPH that encourages residents to walk more in the places where they live, work, learn, worship and play. Since the beginning of the campaign in the spring, residents have logged almost 100,000 minutes of physical activity.

Research indicates that physical activity, like walking, can improve overall health and well-being, reduce stress levels, maintain healthy bones and strong muscles, and lower risk for chronic conditions like heart disease.

Where: Oak Forest Heritage Preserve, grounds of the Oak Forest Health Center Campus
15900 S Cicero Ave, Oak Forest, IL 60452

When: September 22, 2016
1:00 – 1:30 p.m.

Enter at the main gate and follow the signs to the Oak Forest Heritage Preserve on the east side of the campus.

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