**FOR IMMEDIATE RELEASE**

Insert your agency’s logo in this space in the upper right.

{Today’s date}

**CONTACT:**

{Contact’s full name}

{Agency name}

{Phone number}

{Email}

**Walk with a Doc Event at (LOCATION) Promotes Health and Nature**

{Site location in ALL CAPS} **–** As part of a movement to promote health, nature, and local parks and trails, (NAME OF ORGANIZATION) invites the public to a Walk with a Doc event at (NAME OF TRAIL OR PARK) in (LOCATION) on (DATE) starting at (TIME).

(QUOTE FROM ORGANIZATION OR LOCAL OFFICIAL – Example: “South Middleton Township has some fantastic local parks and trails for exploring. We’re excited to host this event to help participants enjoy the health benefits of taking a hike, make a connection with the medical community, and learn a little more about opportunities for outdoor recreation that are close to home.”)

The event will feature a short health talk by (NAME AND AFFILIATION OF DOCTOR) followed by a X-mile walk along (INFO ON TRAIL OR ROUTE TO BE TAKEN). (INCLUDE HERE ANY OTHER INFO ABOUT THE EVENTS – SHORT REMARKS FROM LOCAL OFFICIALS, REFRESHMENTS, ETC)

(INCLUDE QUOTE FROM LOCAL DOCTOR IF APPROPRIATE)

Walking is one of the best things you can do for your health. Numerous studies point to the health benefits of spending time in nature.

Getting regular physical activity on trails helps:

* Reduce stress and anxiety
* Control weight
* Reduce risk of heart disease, type 2 diabetes, and some cancers
* Strengthen bones and muscles
* Improve mental health and mood
* Improve sleep quality
* Increase your chances of living longer
* Increase positive feelings about quality of life
* Keep your lungs healthy

The Walk with a Doc – Advancing Wellness in Nature effort is a collaboration between the Pennsylvania Department of Conservation and Natural Resources (DCNR), the Pennsylvania Academy of Family Physicians (PAFP), and the Walk with a Doc organization. As part of Pennsylvania Trails Month in September, the initiative is providing communities the opportunity to take an active role in their health while exploring their local outdoor recreational areas with medical professionals from the community.

“The pandemic has demonstrated the importance of time in natural places to our well-being, which is why we are excited to launch this effort that introduces people to new trails to try and makes the connection between health and the outdoors,” said DCNR Secretary Cindy Adams Dunn.

More information about the [September Walk with a Doc effort](https://www.dcnr.pa.gov/Recreation/WalkWithDoc/Pages/default.aspx) is available on the DCNR website. Other walks around the commonwealth can be found on the [DCNR Calendar of Events](https://events.dcnr.pa.gov/calendar?event_types%5B%5D=37387193924178). Learn more about [Walk with a Doc](https://walkwithadoc.org) and the [Pennsylvania Academy of Family Physicians](https://www.pafp.com/Pages/Home.aspx) on their websites.

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