

Southwest Nebraska Public Health Department's seventh annual Walk to Health walking program kicked off in June. The program will last for 12 weeks and begins from the date of registration.

Registration may be done on-line at www.swhealthdept.com or by calling the health department at 308-345-4223.

Prizes will be awarded in September. Upon registration, participants will receive a walking journal and a monthly newsletter with recipes and fitness information. This information will also be available on-line.

After 12 weeks, participants will receive an ending evaluation form. Upon receipt of the evaluation form, the SWNPHD resident participants will receive a free t-shirt and be entered into a drawing for prizes.

Interested persons may sign up on line at www.swhealthdept.com, call 308-345-4223 or stop in at Southwest Nebraska Public Health Department 404 West 10th McCook.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.