



FOR IMMEDIATE RELEASE
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Contact: Jeannie Roberts
(440) 885-8181
(216) 346-9935

City, UH Parma Medical Center kick off Walk on Wednesdays program

PARMA, Ohio - The City of Parma and UH Parma Medical Center are proud to co-sponsor a program designed to take advantage of the outdoor fitness facilities at James Day Park. The program - Walk on Wednesdays - will begin this Wednesday with a kickoff ceremony at 10 a.m. at the park.

The Wednesday walks will be at 7 p.m. The program will run for eight weeks, ending on July 2. The Walk on Wednesdays program is part of the partnership between the City of Parma and UH Parma Medical Center that began with the purchase and installation of an outdoor fitness trail through James Day Park, located at 11828 W. Pleasant Valley Road.

The eight-week program is free but registration is required. Please call 440-743-4900 to register or sign up online at www.parmahospital.org/programsandclasses.

“We’re thrilled to be able to offer this kind of program to our residents,” Mayor Tim DeGeeter said. “UH Parma has been a terrific partner for the City with this program, and we are looking forward to great results for our residents.”

Any questions, please call: 440-743-4932.