



Walking The Path To Good Health

**Inaugural Event
Ed Rice Community Center
May 3, 2008 – June 14, 2008**

Walking the Path to Good Health is a free, 6-week walking program that will be held twice a year, Fall and Spring, at various community centers throughout Memphis. The City of Memphis, Division of Park Services held its inaugural event at Ed Rice Community Center on May 3, 2008. Joe Birch from Action News 5 was the emcee.

On June 14th four ladies went home weighing less, with lower blood pressure, and with prizes for their participation in *Walking the Path to Good Health*. Park Services Director Cindy Buchanan and Ed Rice Community Center Director Osie Lewis awarded grand prizes to Margie Sanders, a color TV and Betsy Pearce, an iPod. The two runner-up winners, Kim Daugherty and Annie Gladney were each awarded a Nike sports bag.



1: (front) Margie Sanders (back row, l-r) Kim Daugherty, Annie Gladney, Betsy Pearce, Cindy Buchanan, Osie Lewis

All the participants returning on June 14th did very well and had fun participating. They all reported weight loss and/or blood pressure improvement. Park Services hopes to see an even large group of participants this fall at the next event. The date and location of the next event will be announced later this year.



2: Some of the participants with the winners



3: Showing off our shirts



4: Thanks to the U of M student nurses for their help.



5: Osie with some of the participants



6: The Drawing