NEW YORK STATE | Department of Health

NEW YORK STATE OF OPPORTUNITY. | Parks, Recreation and Historic Preservation

Your Feet Are Made For Walking?
Let them walk . . .

Long Island Walks! Walk for Better Health with

State Health Commissioner – Dr. Howard Zucker
State Parks Commissioner – Rose Harvey
Nassau County Health Commissioner – Dr. Larry Eisenstein
Suffolk County Health Commissioner – Dr. James Tomarken

In Celebration of Public Health Week

Where: Belmont Lake State Park, North Babylon, NY
(Exit 37 off the Southern State Pkwy. Meet at Park Headquarters)

When: Thursday, April 9, 2015 (1 mile lakeside walk)

Time: 10 a.m.

Cost: FREE!!! NO PARKING FEE; NO REGISTRATION FEE

No registration required. Just show up with your feet!

Walking is easy, fun and offers outstanding health benefits no matter how fast or slow you go! Enjoy the fresh spring air and beautiful park.

This walk in the park is sponsored by members of the Long Island Health Collaborative (LIHC) - a bi-county initiative that promotes improved health through physical activity and nutrition awareness. Collaborative members include Suffolk County and Nassau County Departments of Health, Long Island's 24 hospitals, community-based social and human service organizations, schools, colleges, local governments, health plans, and other partners. LIHC is coordinated by the Nassau-Suffolk Hospital Council.

Learn more about LIHC's efforts at:
http://nshc.org/long-island-health-collaborative/

LONG ISLAND Health COLLABORATIVE
connecting you to better health