



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

## Long Island Walks! Walk for Better Health with

Acting State Health Commissioner – Dr. Howard Zucker

State Parks Commissioner – Rose Harvey

Nassau County Health Commissioner – Dr. Lawrence 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/>

