



WALK THE WALK

communities creating a more walkable Kentucky...one step at a time

WHITLEY COUNTY HEALTH DEPARTMENT **WALK WITH THE MAYOR >**

The Whitley County Health Department organized the inaugural walking event for a new monthly series as part of the *Step It Up, Kentucky!* initiative.

The program encourages residents of Williamsburg, Kentucky to bring their families out, meet new neighbors, get to know prominent local officials, and enjoy the beautiful places to walk in Whitley County. People discover that walking is a great way to get exercise, connect with others, and can be done in their very own community.

Mayor Roddy Harrison led the first walk through a one-mile route in Bill Woods Park. Over 55 people attended the event and each received a t-shirt that promoted, "I'm gonna walk all over Williamsburg!"

The health department hopes to make this an ongoing series with different guests each month, including State Representative Regina Bunch. By hosting a regular walk, residents can rely on a fun, safe way for families to get physical activity while also providing feedback to local officials on ways to make their community more walkable.

