

Date: May 9, 2016  
FOR IMMEDIATE RELEASE

Contact: Jennifer Gilbert  
Phone: 847-599-5498

## **Mayor Kovarik Adds Walk to Coffee Talk in Support of GO GURNEE**

(Gurnee, IL) Monday, May 9, 2016 – Mayor Krysti Kovarik will be complimenting her monthly coffee talk with a 30 minute walk around Hunt Club Park (920 N. Hunt Club Rd., Gurnee) Saturday, May 21, 2016 in lieu of her traditional coffee with the Mayor.

Mayor Kovarik is a proud Champion of the **GO GURNEE** movement and is asking the community to join her on May 21, 2016 at 10:00 am, rain or shine, for a 30 minute walk followed by her monthly coffee talk with light refreshments until 12:00 pm at Hunt Club Park Community Center (920 N. Hunt Club Rd., Gurnee). Everyone is welcome to this free event.

**GO GURNEE** is a new community movement designed to increase community health through activity, education and collaboration.

This free and accessible movement is in response to the U.S. Surgeon General Dr. Vivek H. Murthy's call to action at the National Park and Recreation conference in September 2015. His challenge focuses on the health benefits for people of all ages and stages of life walking at least 30 minutes each day.

"We want to create a culture in our community that promotes physical movement. **GO GURNEE** is designed to encourage everyone to make a commitment to themselves and get moving for 30 minutes each day," explained Susie Kuruvilla, Executive Director for Gurnee Park District.

Visit **GO**Gurnee.com and Facebook.com/**GO**GURNEE to learn more about the physical and mental benefits of walking during and after the first activity is complete. Use **#GO**GURNEE to be a part of the conversation and movement.

###

Press encouraged to attend. Mayor will be in attendance.