

Date: August 26, 2016
FOR IMMEDIATE RELEASE

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Wednesday Walks with GO GURNEE During the Month of September

(Gurnee, IL) Friday, August 26, 2016 – On May 1, 2016, Gurnee Park District (GPD) launched a new community-wide movement called, **GO GURNEE**. The goals behind this movement are to educate and encourage the community to move for 30 minutes each day – specifically walking. There are a variety of benefits, and GPD and **GO GURNEE** want every resident to have access to this great, free exercise.

“Within the past four months, we have already seen the movement positively impact our residents. On various occasions, many people have approached me to discuss the positive impact this movement is having on their family. In several instances, the parents explained how their children are playing an integral role in reminding their family about the importance of walking,” stated Susie Kuruvilla, Executive Director with GPD.

As the summer is coming to an end, **GO GURNEE** would like to offer a few more opportunities for the community to come together and walk outside. Every Wednesday evening during the month of September, Gurnee Park District staff and **GO GURNEE** champions will lead walks starting at Viking Park West (the former Gurnee Grade School site) from 6:30-7:30 pm.

“I invite and encourage all residents and friends of Gurnee to join us as we celebrate the end of a beautiful season. On behalf of the entire Park District and all **GO GURNEE** champions, we hope to see you all each Wednesday from 6:30-7:30 pm!” stated Kuruvilla.

Visit [Facebook.com/GOGURNEE](https://www.facebook.com/GOGURNEE) for more details about the walks other fun activities. Use **#GOGURNEE** to be a part of the conversation and movement. If you or your business would like to support this free movement, visit GOGURNEE.com.

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Press encouraged to attend.