

Date: April 25, 2016
FOR IMMEDIATE RELEASE

Contact: Jennifer Gilbert
Phone: 847-599-5498

GO GURNEE Kick-off Event Details Released

(Gurnee, IL) Monday, April 25, 2016 – Gurnee Park District (GPD) releases **GO GURNEE** kick-off event details.

The **GO GURNEE** kick-off will be held at Viking Park (4374 Old Grand Avenue, Gurnee) on Sunday, May 1, 2016 at 6:00 pm. The event will begin with a warm up led by FitNation trainers and local mascots, character meet and greet and inspirational talk. The event will conclude with a 30 minute walk around Viking Park.

“This free program offers all of us an opportunity to encourage one another and be a part of improving our health and wellness,” stated Jim Goshorn, President of the Park Board of Commissioners for Gurnee Park District.

Many **GO GURNEE** Champions will be in attendance at the event including Senator Melinda Bush, Representative Sheri Jesiel, Representative Sam Yingling, Mayor Kristina Kovarik and Gurnee Park District's Executive Director, Susie Kuruvilla, as well as local school mascots including School District 50's Wiley the Wildcat and Warren Township High School's Blue Devil.

GO GURNEE is a community wellness movement designed to increase community health through activity, education and collaboration presented by Gurnee Park District.

“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.

To learn more about the physical and mental benefits of walking, visit www.GOGurnee.com and www.Facebook.com/GOGURNEE. Use #**GOGURNEE** to be a part of the conversation and movement.

###

Press encouraged to attend. Photo opportunity. Elected officials and mayor are expected to be in attendance.