



FOR IMMEDIATE RELEASE

FOR MORE INFORMATION:
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St. Lawrence County Public Health--Bridge to Wellness Coalition

Walk with a Doc in Massena at St. Lawrence Centre Mall!

Massena, NY — Saturday, February 29th, 2020 Please join Internal Medicine providers; Dr. Neil and Dr. Joann Cichetti, in addition to a variety of St. Lawrence County health care providers for a walk at St. Lawrence Centre Mall from 10am – 11am.

St. Lawrence Centre Mall is warm and free of hazardous icy sidewalk conditions, and is open to the community so bring your friends and family! Participation is free and pre-registration is not required. Walkers will have the opportunity to chat with the health care professionals, who will provide support and answer questions during the walk.

In addition to the walk, St. Lawrence County Public Health and the North Country Housing Council will be in attendance to provide information on the FREE lead paint hazard housing renovation and repair program. The agencies will be offering program information and assisting individuals in the application process. Come on out to the walk for a chance to learn more about this amazing program!

All walks are held the last Saturday of the month. Be sure to check out the STLC Trails site at <https://www.stlctrails.com/trails> to discover more outdoor walking opportunities around St. Lawrence County! For more information please call Brigette Conklin at 315-229-3404, or go to <https://walkwithadoc.org/our-locations/stlawco> and be sure to check out the event on St. Lawrence County Public Health's Facebook Page: @SLCPublicHealth

Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

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