



FOR IMMEDIATE RELEASE:
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BIKING AND WALKING WITH MAYOR HAZELLE ROGERS

The City of Lauderdale Lakes Wellness Committee is pleased to partner with the following companies to bring you the Mayor's "Health is Wealth" Two Mile Bicycle/Walk Fair:

Primary Medical Care Center / Kiwanis Club of Lauderdale Lakes / YouFit
Rita's Italian Ice / Herbalife Nutrition / Lincoln Heritage

This two-mile cycle and walk will take place on Saturday, August 6, 2022, starting with a warm-up at 7:30 a.m. at the roundabout at the Greenway Trail by Merrell United Methodist Church, 3900 State Road 7, and Lauderdale Lakes, FL 33319. Walkers will head east along the C-13 Canal Greenway Trail, from State Road 441 to NW 31st Avenue and back to State Road 441. Cyclists will ride west opposite along the C-13 Canal Greenway Trail.

The goal of the Mayor's challenge is to encourage a healthy lifestyle and help us reap the most health benefits by being active. "Let's tie up our shoe laces and get stepping and cycling," said Mayor Hazelle Rogers.

*******REGISTRATION BEGINS IMMEDIATELY*******

Please get in touch with Dwight Hinkson at 954-535-2706

When: Saturday, August 6 at 8:00 a.m. (*arrive at 7:30 a.m. for warm-up*)

Parking: Park at Merrell United Methodist Church, 3900 State Road 7, Lauderdale Lakes.

Walkers-The walk will begin at 8:00 a.m.

Start and Finish Line Location: Start line is 441 to NW 31st Avenue and back to 441.

Bicyclists -Riders will begin at 8:00 a.m.

Start and Finish Line Location: Bikers will start at 441 and head west along the Greenway Trail to NW 52nd Avenue and back.

Activities include a live DJ and a boot camp exercise class, so please bring your exercise mats and a light set of dumbbells (if you can).

Our proud sponsors, Primary Medical Care Center, Kiwanis Club of Lauderdale Lakes, YouFit, Rita's Italian Ice, Herbalife Nutrition, and Lincoln Heritage, welcomes you to engage in discussion and obtain FREE health screenings!!

Refreshments will be served!

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