



News Release

P.O. Box 6015 • Columbia, Mo 65205 • (573) 874-7460 • www.GoColumbiaMo.com

Release: April 6, 2007

Contact: Tammy Miller, Columbia Parks and Recreation, 874-7465

Walk a Hound, Lose a Pound Program

Are you looking to make a new friend or two? Help a shelter dog get some much needed exercise and fresh air while walking for better health. Columbia Parks and Recreation is teaming up with the University of Missouri-Columbia College of Veterinary Medicine and Research Center for Human-Animal Interaction, the Missouri Department of Health and Senior Services, Columbia Second Chance, and the Central Missouri Humane Society to offer a program called Walk a Hound, Lose a Pound.

The exercise walks will take place on the Bear Creek Trail, with participants meeting first at the Humane Society office at 616 Big Bear Blvd. There will be four sessions of Saturday walks during the spring and summer as follows:

Session 1: April 21- May 12

Session 2: May 19-June 9

Session 3: June 16- July 7

Session 4: July 14- August 4

There will be three time slots available at 9, 10 and 11 a.m.; choose one or all three. Those who participate in the program will receive a program t-shirt and be given the option to participate in a study of the benefits of dog walking. Leashes and dog treats provided...just bring your walking shoes!

The cost is \$10 per session. To register, call Parks and Recreation at 874-7460 or go online at www.GoColumbiaMo.com.