



# News Release

---

P.O. Box 6015 • Columbia, Mo 65205 • (573) 874-7460 • [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)

Release: October 1, 2007

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

## **Walk a Hound, Lose a Pound Program Offering Fall Session**

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 MU 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. A fall session is scheduled to start in a few weeks: the group will meet on Saturdays from October 20 through November 10. There will be three time slots available at 8, 9 and 10 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](http://www.GoColumbiaMo.com).