



October 8, 2009

## Annual Walk to School Day promotes health

Oct. 21 Oak Meadow School of El Dorado Hills will continue the journey to become healthier by walking to school under the banner of International Walk to School Day. Teachers, elected officials, and select volunteers will escort children to school in groups called "walking school buses." The event is a collaborative effort by the iWalk Committee, which includes members from the El Dorado County Transportation Commission, the Marshall Foundation for Community Health, and community volunteers.

"The aim of International Walk to School is to make people think about the many positive benefits gained from regular walking. We want to see families walking together to promote health, fitness, safety, and to show concern for the environment," said Bob Smart, a community volunteer for the iWalk Committee.

The Serrano Visitors Center, near the El Dorado Hills Library, in El Dorado Hills will serve as the school drop off/meeting point, starting at 7:15 a.m. and leaving 10 minutes later.

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