

## NEWS RELEASE

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**FOR IMMEDIATE RELEASE**  
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### *ECHN's Holds Women's Health Stroll at The Promenade Shops at Evergreen Walk*

MANCHESTER, CONNECTICUT –On May 28, 2009 Eastern Connecticut Health Network (ECHN) held a Women's Health Stroll in support of National Women's Health Week at the Promenade Shops at Evergreen Walk in South Windsor. Over 330 participants enjoyed a one-mile stroll through the beautiful Promenade Shops and along the way, stopped into 23 participating shops and restaurants to receive a special health tip found inside. Participants who collected all of the health tips were entered to win one of ten gift cards to the Promenade Shops.

The event's other highlights included a reusable shopping bag filled with ECHN giveaways to the first 200 people who checked in to the stroll and all participants were welcome to enjoy a post-walk reception with light refreshments sponsored by Sakura Garden. The event was a perfect "Girls Night Out" focused on leading a healthy lifestyle *AND* enjoying it!

#### **About Eastern Connecticut Health Network**

*ECHN is a not-for-profit health care system serving 19 towns in eastern Connecticut, through its network of affiliates that include Manchester Memorial Hospital, Rockville General Hospital, Woodlake at Tolland (a 100-bed nursing home and short-term rehabilitation facility), the ECHN Medical Building at Evergreen Walk in South Windsor, which houses the Women's Center for Wellness, and ECHN Health Services Inc. (a series of medical practices owned and operated by ECHN). It is in partnership with Visiting Nurse & Health Services of Connecticut Inc., Connecticut Occupational Medicine Partners Inc., Ambulance Service of Manchester,*



*Over 330 women participated in this year's Women's Health Stroll*



*These women are showing off their ECHN giveaway bag, which was given to the first 200 people to check in.*



*After the stroll, the participants were invited to a post-walk reception that offered a healthy snack, sponsored by Sakura Garden, located at the Promenade Shops.*

*Aetna Ambulance, Metro Wheelchair, and Saint Francis Care (which partners with ECHN on the Cardiac Catheterization Laboratory of the Hoffman Heart Institute of Connecticut at Rockville General Hospital), Community CancerCare Inc. (which provides radiation therapy services at The John A. DeQuattro Community Cancer Center in Manchester). ECHN is also affiliated with Connecticut Children's Medical Center.*

### **About The Promenade Shops at Evergreen Walk**

*The Promenade Shops at Evergreen Walk offers an outstanding collection of over 60 of the most coveted national specialty retailers and restaurants in the South Windsor and surrounding market. Providing a pedestrian friendly environment, The Promenade Shops at Evergreen Walk resembles a traditional New England village. Vehicular access allows convenient parking in front of your favorite store. Whether dining, shopping, or simply strolling down the main street, The Promenade Shops at Evergreen Walk is sure to please.*