

PRESSRELEASE

100 Grand Street • New Britain, CT 06050 • 860-224-5695 • Fax: 224-5779

www.thocc.org

For Immediate Release Contact: Kimberly Gensicki, 860-224-5900, x6507

Hospital's Walk with a Doc program starts Oct. 16

[New Britain, Conn.] Sept. 29, 2010 – Time to get those walking shoes on and walk for health! The Hospital of Central Connecticut (HCC) is the first hospital in New England to join Just Walk, a Walk with a Doc program that hosts free community walks at area parks that are led by a doctor and stress the benefits of exercise while providing health tips.

The hospital's first walk is 9 a.m. Saturday, Oct. 16 at YMCA Camp Sloper in Southington; registration is at 8:30 a.m. Anthony Ciardella, M.D., an internist, will lead a 30-minute walk after a brief discussion on the benefits of exercise.

“Exercise is the single most beneficial activity that you can do for your overall health and longevity. It has both cardiovascular and mental health advantages,” says Ciardella, also a marathon runner, who adds he'll provide information as a physician and exercise enthusiast. “I would hope that this walk would motivate people to do more exercise and educate them about the health benefits,” he says.

Other scheduled walks, with 8:30 a.m. registration and 9 a.m. health tips and walk, are:

- **Saturday, Nov. 6:** Farmington River Trail, Unionville (Collinsville Road on Route 4 West, on right side past bridge over river). Endocrinologist Latha Dulipsingh, M.D., will discuss risk factors for diabetes.
- **Saturday, Dec. 11:** Walnut Hill Park (behind pavilion), New Britain. Cardiologist Robert Borkowski, M.D., will talk about ways to prevent heart disease.

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Walks, to be held through December and resume in April, will be held rain or shine. Walk participants will receive a free T-shirt, hat, pedometer and water bottle. Event sponsors are Anthem and Pepsi Beverages Company.

The hospital is grateful to New Britain and Farmington parks and recreation programs, the Southington-Cheshire YMCAs, and sponsors, for their support of this new community program, says HCC Walk with a Doc coordinator Kimberly Gensicki, senior marketing communications specialist.

Walk with a Doc was begun by a cardiologist in Columbus, Ohio, and has spread to several states in the U.S. and to Canada.

To register, or for more information, including possible event cancellation on walk day in case of inclement weather, please visit www.thocc.org/walk-with-a-doc/ or call 1-877-914-WALK. On walk day, registrants need to present a completed waiver form, available online with registration or on walk day. For the waiver, a parent or legal guardian's signature is required if the participant is under 18 years of age.