



**April 14, 2016**

## **SANTA ROSA WIC PRESENTS THE 2016 WALK FOR MOMMY & ME**

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**Milton, FL** – The 2016 “Walk for Mommy & Me” will take place on Saturday, April 23, from 10:00 a.m. to Noon at Carpenter’s Park on Munson Highway in Milton. The walk is sponsored by the Florida Department of Health in Santa Rosa County WIC Program and supports the Department of Health’s Healthiest Weight initiative. The event is free and open to the public. In the event of rain, the Walk will move indoors to the Milton Community Center on Byrom Street.

“The Walk is one of our most popular outreach events,” said Dianne Pickens, LD, WIC director with DOH-Santa Rosa. “The focus is really on the family, having fun and being physically active. We have over 30 vendors registered to participate this year and we want to encourage everyone to come out and have a good time.”

The walk around the park will feature booths with information of interest to parents including the 5-2-1-0 Let’s Go! program that supports a healthy diet by including 5 servings of fruits and vegetables daily, limiting screen time to 2 hours or less, 1 hour of physical activity a day and consuming more water and 0 sugary drinks. Child Passenger Safety information will be available from the Santa Rosa County Extension Service and there will be yoga, Zumba and cooking demonstrations as well as appearances by local mascots McGruff the Crime Dog, the Crash Test Dummies and Kazoo from the Blue Wahoos. Snacks will be available courtesy of Santa Rosa Medical Center. All registered participants will receive a free entry into a drawing for special prizes. You must be present to win.

For more information, contact Dede Barrett in the health department’s WIC program at 983-5250 or visit the Florida Department of Health in Santa Rosa County web site at <http://santarosa.floridahealth.gov>.

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