

April 8, 2022

## DOH SANTA ROSA WIC PRESENTS THE 2022 WALK FOR MOMMY & ME



**Contact:**

Dana Grissom, PIO

[PIO.CHD57@flhealth.gov](mailto:PIO.CHD57@flhealth.gov)

850-564-2291

**Milton, FL** – The Walk for Mommy & Me will take place on Saturday, April 23, 2022, from 10:00 a.m.-1:00 p.m. at Carpenter’s Park located at 5224 Munson Highway in Milton. The walk is sponsored by the Florida Department of Health in Santa Rosa County Women, Infants, and Children (WIC) Program and supports the Department’s Healthiest Weight Campaign, emphasizing the importance of physical activity and good nutrition as part of a healthy lifestyle. No rain date has been determined.

“We are very excited to sponsor The Walk for Mommy & Me in 2022,” said Dianne Pickens, LD, WIC director with DOH-Santa Rosa. “We know families are ready to get out of the house and this event will provide some family fun. There are activities for children and lots of good information for parents. It’s a great opportunity for families to spend some time together having fun and being physically active. We 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 nutrition and car seat safety, activities, and games for children. The Crash Test Dummies, other local mascots, and local first responders will be onsite during the event.

The Big Red Bus will be onsite during the event for blood donations. Individuals who donate blood will receive a t-shirt and gift card from One Blood.

To promote physical activity, each family will receive a card to be stamped once at each booth located throughout Carpenter’s Park. Families that complete the card by visiting all booths and receiving stamps can submit the completed card for entry into the grand prize drawing.

All registered participants will receive a free entry into door prize drawings held throughout the event. Participants must be present to win door prizes.

For more information, contact Dede Barrett at 850-983-5250 or visit the Florida Department of Health in Santa Rosa County web site at <http://santarosa.floridahealth.gov>.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).