

2nd Annual Dr. Sally Hubbard Walk Starts May 15
By Janet Weaver

After a resounding success last year with the first Dr. Sally Hubbard Walk, the Keytesville Chamber of Commerce is planning the second walk this year starting on May 15. The free event for anyone interested can participate. Children under age 12 are asked to have an adult walking with them. The actual route is about a mile and should be easily accomplished in the time frame available. This is NOT a race, and people can pace themselves.

The starting time is 11:00 a.m. on May 15, beginning at the Chariton County Health Dept. where sign up will take place. Chariton County Health Dept. workers will be offering free blood pressure checks as part of the event if participants care to have their blood pressure checked. Walkers will then begin their one mile trek which will take them from the Chariton Co. Health Dept. to Maxwell Taylor Park. At that location there will be three stations where they can do a few easy strength training exercises which will vary from week to week. Continuing on through Maxwell Taylor Park to Ash St., the walkers will make their way back to the Chariton County Health Dept. where drinks and healthful snacks will await compliments of Dr. Sally Hubbard and the Keytesville Chamber of Commerce. Stopping time is 1:00 p.m. This allows people who have lunch time between 11:00 a.m. and noon to easily participate as well as people who have lunch time between noon and 1:00 p.m. to also participate.

Anyone who signs in and completes all the walks (held Tues. and Thurs. of each week) until the concluding healthy luncheon at the Farmers' Market on Bridge Street June 14, 2018, will be entered into a drawing for the grand prize. The lucky winner will receive their choice of either \$125 gift certificate to Academy Sports or 3 month Gift Certificate to Under the Bar Fitness Center in Salisbury on 2nd Street.

Free T-shirts to all who participate will be available compliments of Dr. Sally Hubbard as well. In case inclement weather such as rain prevents a scheduled walk from occurring, there will be no make-up days, but the walk will continue the next regularly scheduled date. Keytesville Chamber Members hope to see even more participants this year than last! Please join us for a free, fun, and healthy event!