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HEALTH DEPARTMENT  
NEWS RELEASE



**FOR IMMEDIATE RELEASE**

September 25, 2012

**For additional information contact:**

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**Race for Healthy Kids  
5K Run/Walk and Kids Fun Run**

GRAND RAPIDS - Looking for a way to get the whole family moving for a good cause on a Sunday afternoon? The 3rd Annual Race for Healthy Kids 5K Run/Walk and Kids Fun Run takes place on Sunday, October 7th at 2:00 pm at Rockford High School. This family fun event is an opportunity to promote physical activity, being active as a family, and good nutrition!

Activities include a 5K run or walk and a Kids Fun Run. Kids will run around the Rockford High School track with fruit and vegetable characters, and all fun run participants will be given an award. Healthy snacks from each food group, such as low-fat milk, low fat cheese, whole grain cereal bars, carrots, apples, and water, will be provided to participants.

Five kilometers is about 3.1 miles. Walkers can complete the walk in about 50 minutes – making this distance ideal for nearly anyone in good health!

Details:

5K Walk & Run - 2:00 p.m.

Kids Fun Run - 3:30 p.m.

\$30 - Adults rate - 5K walk/run event

\$15 - Students rate - 5K walk/run event

\$8 - Kids Fun Run

Registration forms and more information can be found at:

[http://take.actionforhealthykids.org/site/Clubs?club\\_id=1150&pg=main](http://take.actionforhealthykids.org/site/Clubs?club_id=1150&pg=main)

Help support a great cause! For more information, contact the Lisa LaPlante at the Kent County Health Department at 616.632.7182.

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KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and four satellite clinics located in Wyoming, Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).

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