



- What:** Kickoff for new Monday Mile loop
- Where:** St. Joseph's Hospital Main Entrance
- When:** Monday, Aug. 4, 11:45 a.m. Walk begins at noon
(weather permitting)
- Who:** Tom Dennison, director, Lerner Center for Public Health
Kathryn Ruscitto, president and CEO, St. Joseph's Hospital
and Health Center

Healthy Mondays are growing! The initiative of the Lerner Center for Public Health Promotion at Syracuse University, in conjunction with St. Joseph's Hospital Health Center, is introducing another pathway to good health with the addition of a St. Joseph's Monday Mile loop. This will be the latest Monday Mile loop, joining other pathways located near Syracuse City Hall, the near West Side and Syracuse City and Onondaga County parks, along with a trail on the Syracuse University campus. The trail will take participants on a walking tour through Syracuse's historic North Side neighborhoods, as well as the business district along North Salina Street. The newest Monday Mile route on the St. Joseph's campus provides not only an opportunity for hospital employees, patients and visitors to get moving, but directs pedestrian traffic to local businesses on Syracuse's North Side. St. Joseph's Monday Mile route demonstrates the hospital's commitment to wellness for its employees and the patients it serves, as well as residents and visitors to Syracuse's North Side neighborhoods.

The Monday Mile is an initiative of the Lerner Center for Public Health Promotion at SU's Maxwell School of Citizenship and Public Affairs. With a mission to improve the health of the community through service, research, education, advocacy and policy, the center works in partnership with organizations across campus and in the community to implement the Healthy Monday Syracuse campaign. Healthy Monday is focused on creating healthy communities and reducing the burden of chronic disease by getting people active, helping them eat healthier and learn strategies to better manage stress. The Monday Mile is a way to help people jump start their fitness for the week. With 15 marked one-mile routes throughout Syracuse and Onondaga County, there are many places where the community can get active.

For more information:

*Keith Kobland
(315) 443-9038
kkobland@syr.edu*