



News Release

Contact: Amy Blaser, Vice President

Phone: (402) 562-3371

Email: aebblaser@columbushosp.org

Date: June 11, 2019

Platte County Lifestyle Coalition to Promote “Park Your Chair and Walk the Square” Initiative at Lawn Chairs on the Square Events Starting June 13

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition (PCLC) is dedicated to promoting a culture of health in the Columbus community. It encourages people to move more, eat healthier and get proper rest so they can live their healthiest lives.

In an effort to promote moving more, members of the PCLC will be promoting a “Park Your Chair and Walk the Square” initiative at all summer 2019 Lawn Chairs on the Square events.

A summer staple in Columbus for years, Lawn Chairs on the Square events are slated to occur on Thursdays from 7 to 8:30 p.m. from June 13 through August 15 at Frankfort Square in downtown Columbus.

The “Park Your Chair and Walk the Square” initiative will encourage all Lawn Chairs on the Square attendees to walk around the square until a few minutes before the weekly 7 p.m. event begins.

The PCLC chairperson, Dr. Luke Lemke, or another coalition member will greet the crowd from the stage, briefly explain what the coalition is and why moving is important. At least four members of the coalition will also be at the event starting at 6:30 p.m. each week to promote and participate in the walk.

The goal of the “Park Your Chair and Walk the Square” initiative is to promote increased physical activity for all ages.

To learn more about these events, the PCLC’s efforts to create a healthier community or how you can become involved, contact Roberta Miksch, PCLC coordinator, at 402-562-4487 or rhmiksch@columbushosp.org.

###