



News Release

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Date: January 27, 2023

Embark on the Walk to Jerusalem with the Platte County Lifestyle Coalition

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition is encouraging physical activity by offering the Walk to Jerusalem program in Columbus.

The Walk to Jerusalem is an intergenerational, imaginary walk beginning at the participating town and ending in Jerusalem, Israel.

The eight-week program begins on Sunday, Feb. 12, and runs until Sunday, April 9.

In this free program, participants log miles (or mile equivalents for children or those with limited mobility) to make up the 7,500-mile distance between Columbus and Jerusalem. In addition to the walking program, participants can enjoy a curriculum that includes scripture, meditation and prayers.

Dr. Luke Lemke, a physician at Columbus Medical Center and chairman of the coalition, said two of the coalition's main pillars are increasing physical activity and connecting socially in a positive environment. The Walk to Jerusalem program satisfies both of those pillars.

"The bottom line is we will include everyone who wants to participate in the program and help them achieve better health," said Gene Vis, Platte County Lifestyle Coalition coordinator.

"Walking is an easy way to become more active. Walking with others also helps build connection and strengthen social relationships, which are also important for overall health."

Several churches in the Columbus community and the surrounding area have already signed up to participate in the program. However, there is still time for more churches to sign up. The walk is also open to people outside of an affiliated church or faith-based organization.

The coalition encourages interested participants to speak with their church about participating in the program. Individuals not registered with a church should contact Vis at 402-562-4686 or edvis@columbushosp.org. For more information on the Walk to Jerusalem or the Platte County Lifestyle Coalition, contact Vis or visit columbushosp.org.



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