



News Release

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**Platte County Lifestyle Coalition to launch
“Park Your Chair and Walk the Square”**

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 to live their healthiest lives.

To promote moving more, members of the PCLC will be leading a “Park Your Chair and Walk the Square” initiative at all summer 2021 Lawn Chairs on the Square events.

Lawn Chairs on the Square occurs from 7-8:30 p.m. Thursdays from July 8 through August 12 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 event begins. It promotes 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 Gene Vis, PCLC coordinator, at 402-562-4686 or edvis@columbushosp.org.

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