Outlook

MEDIA ADVISORY: Ulster County Department of Health to Unveil 'Move-A-Mile' Route April 9 During National Public Health Week

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NEWS FROM
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MEDIA ADVISORY

Ulster County Department of Health to Unveil 'Move-A-Mile' Route April 9 During National Public Health Week

KINGSTON, NY - The Ulster County Department of Health invites community members to celebrate National Public Health Week (April 6–12) with the unveiling of the new 'Move-A-Mile' route, led by Public Health Director Dr. Eve Walter and joined by Ulster County Executive Jen Metzger, followed by a guided one-mile community walk.

The event will take place Thursday, April 9, from 3:30–4:45 PM (rain date: Friday, April 10) at the O&W Connector Trail, Washington Avenue trailhead in Kingston.

The Move-A-Mile route is a simple, accessible ½-mile out-and-back (1 mile total) paved path featuring new signage designed to encourage people of all ages and abilities to walk, roll, stroll, or run. The route is part of the O&W Connector trail, which links the Kingston Greenline system to the 27-mile O&W Rail Trail.

As part of the Department of Health's "Movement is Medicine" initiative, the project promotes everyday physical activity as a powerful tool for reducing chronic disease and improving overall well-being.

Moving a mile requires no special equipment and only a small amount of time, making it an easy entry point for building healthy habits. Even short bouts of daily movement can significantly benefit heart health. The new signage reinforces that every step — or roll — counts.

Event Schedule:

- 3:30–3:45 PM – Arrival and gathering
- 3:45–3:55 PM – Welcome by Stacy Kraft, UCDOH Public Health Education Coordinator
- 3:55–4:45 PM – Guided one-mile community walk/roll and wrap-up by Dr. Eve Walter

The event is open to all community members, including families, older adults, and youth. The route is designed to be inclusive and accessible for participants with varying mobility levels.

"Movement doesn't have to be complicated to be effective," **said Dr. Walter.** "Whether you walk or use a mobility device, getting out for even a mile can support your physical and mental health while connecting you with your community."

EVENT: 'Move-A-Mile' route unveiling and community stroll
WHEN: Thursday, April 9, 3:30–4:45 PM (rain date: Friday, April 10)
WHERE: O&W Connector Trail, 495 Washington Avenue – trailhead, Kingston

The event is free, and all community members are encouraged to attend.

For additional information or accommodation requests, please contact Stacy Kraft, UCDOH Public Health Education Coordinator, at (845) 334-5527 or *stor@ulstercountyny.gov*.

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