

GET FIT!

The Grayslake Community Park District is excited to announce **GO** Grayslake, a new community movement designed to increase community health through activity, education and collaboration. Former U.S. Surgeon General Dr. Vivek H. Murphy has challenged people of all ages to walk at least 30 minutes each day and Grayslake has partnered with the Lake County Health Department on its county-wide initiative to improve the health of Lake County residents by enhancing and increasing the shared experience of walking.

The **GO** Grayslake walking initiative seeks to have everyone make a commitment to take a 30-minute walk each day during the month of May as a start. They have planned a kickoff event on Sunday, May 6 at 11 a.m. in Central Park (250 Library Lane, Grayslake) to walk together as a community.

Though only half of Hainesville is in the jurisdiction of the Grayslake Park District, the Village of Hainesville as a whole is supporting this initiative as a way to increase the health of all of its residents. Hainesville will have a booth at the event and several of the trustees have already registered for the walking event.

Go to <https://www.glpd.com/wp-content/uploads/2018/03/GLPD-Spring-2018-Registration-Form.pdf> to download the registration form. The Program Title is **GO** Grayslake Community Walk and the Program Code is 300024A. The rest of the form is self-explanatory. Forms can also be down loaded from the website. To return the form, see the bottom of the form. The first 200 persons to register will receive a t-shirt commemorating the event.

Questions can be directed to Trustee George Duberstein at trusteegeorgeduberstein@hainesville.org or 1-224-715-0889.