



**FOR IMMEDIATE RELEASE  
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## **MEDIA ADVISORY**

OKLAHOMA CITY — It's My Community Initiative on May 15 will host a Get Fit, Stay Healthy Walk around Douglass High School in support of National Women's Health Week.

The walk will be from 8 a.m. to noon. Women, men, families and groups throughout Oklahoma City are invited to participate in many fun and healthy activities. The event will be inside Douglass' Moses F. Miller Stadium at 900 N. Martin Luther King Ave. in Oklahoma City.

The Get Fit, Stay Healthy Walk is free and open to the public.

"Coming to this walk will energize you," said Cresha Redus, project manager. "You'll feel better, and you'll learn tips to live healthier for yourself and your family."

Improving women's health in Northeast Oklahoma City would have a positive affect on the women themselves, their families and the entire community.

"Poor health can lead to early death, high healthcare costs, and a lower quality of life," Redus said.

The Get Fit, Stay Healthy Walk is designed to raise awareness of women's health issues within the African American community in Northeast Oklahoma City. The event also will encourage changes that lead to better health and quality of life.

Besides a one-mile walk, the event also will feature 25 vendors who will provide health screenings, information for common health problems and hands-on activities, including a healthy soul cooking demonstration and Zumba lessons. A kids zone will include a moon bounce, jump rope contest, football toss and other fun activities for all ages.

The event is part of National Women's Health Week, which will be celebrated May 9 through May 15. The week is a national effort to call attention to the importance of women's health.

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“National Women’s Health Week is important because it encourages women to take time for their health,” said Linda Thomas, director of the Oklahoma State Department of Health’s Office of Minority Services. “Women are often the caregivers for their families and, as a result, forget to make their own health a priority. With National Women’s Health Week, we remind women that they too need to visit the doctor, make sure their screenings are up to date and just take a minute to think about their health.”

Its My Community Initiative Inc. is a 501(c)(3) nonprofit organization in Oklahoma City. IMCI’s mission is to support and expand existing efforts to strengthen communities by building strong, healthy families. The organization supports community-based organizations to offer a spectrum of services to address community challenges relating to health, employment, education/training, early childhood education, relationship education, parenting and housing.

To register for the Get Fit, Stay Healthy Walk, visit [www.itsmycommunity.org](http://www.itsmycommunity.org), e-mail [walk@itsmycommunity.org](mailto:walk@itsmycommunity.org) or call Cresha Redus at 405-551-8071.

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