



JACKSON COUNTY HEALTH DEPARTMENT

Public Health
Prevent. Promote. Protect.

NEWS

FOR IMMEDIATE RELEASE: July 22, 2019

Contact: Angie Kuehl, 618-684-3143, ext. 157

Volunteers Needed for Murphysboro Sidewalk Audit

Do you want great, safe sidewalks for Murphysboro families and visitors? Join the City of Murphysboro and Jackson County Health Department on Saturday, August 3 on a walk around town to identify issues and assess the quality of Murphysboro's sidewalks. Your input will help community leaders prioritize sidewalk improvements and make the streets safer for all residents.

The morning will kick-off with a free breakfast for volunteers and opening remarks from Mayor Stephens and event organizers. Community members who step forward to help will be given an Apple City Walkability Squad t-shirt and \$10 in farmers market dollars that can be used to purchase items at the Murphysboro Farmers Market, a walkable destination in town.

- What: Murphysboro Walkabout Volunteer Day
- When: Saturday, August 3 from 8am to noon
- Where: Murphysboro Youth & Recreation Center at 1818 Walnut St.
- RSVP: Visit tinyurl.com/Murphysboro or call 618-684-3143, ext. 157 to register

This event was made possible through the Illinois Physical Activity and Nutrition (ISPAN) Program with funding from the Centers for Disease Control and Prevention, administered by the Illinois Public Health Institute in collaboration with partners in the Illinois Alliance to Prevent Obesity. ISPAN is a five-year, \$4.6 million initiative to implement physical activity and nutrition interventions designed to make it easier for Illinoisans to live the healthiest lives possible, especially in low-income, rural, and minority communities that have been the hardest hit by chronic diseases like type 2 diabetes and heart disease. Jackson County was one of three regions in the state selected to participate in the program.

For more information contact: Angie Kuehl, 618-684-3143, ext. 157 or Mayor Stephens, 618-684-4961.

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APPLE CITY WALKABILITY EVENT

Volunteer with us

Help make Murphysboro a more walk-friendly community!

Join the City of Murphysboro and Jackson County Health Department on a walk around town to identify issues and assess the quality of Murphysboro's sidewalks. Your input will help community leaders prioritize sidewalk improvements and make our streets safer for all residents.

Everyone is welcome! We encourage people with disabilities and people of all backgrounds to join in this important community work.

Saturday, August 3 | 8am to noon

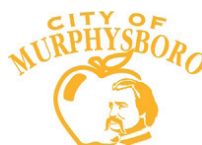
Murphysboro Youth & Recreation Center at 1818 Walnut St.

To sign-up to participate, call Jackson County Health Dept (Angie Kuehl) at 618-684-3143 x157 or **register online at tinyurl.com/murphysboro**

The first 50 volunteers to sign-up to help will receive breakfast, a free t-shirt, and a \$10 voucher to the farmers market. Please register by Sunday, July 21 to be guaranteed a t-shirt.



Don't forget to bring your refillable water bottle and wear comfortable shoes!



Made possible with funding from the Centers for Disease Control and Prevention, administered by the Illinois Public Health Institute in collaboration with partners in the Illinois Alliance to Prevent Obesity.