



For Immediate Release

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THE 4TH ANNUAL WALK BY FAITH ROUTE TAKES OFF AT PARK AVENUE MISSIONARY BAPTIST CHURCH!

(Riverside, CA) April 10, 2017- Eastside HEAL (Health Eating, Active Living) Zone will join local churches on Sunday, April 30th from 2:00pm - 6:00pm for a 3.5 mile walk promoting health and unity in Eastside Riverside. The Faith route is a FREE event including FREE health screenings and FREE lunch to registered participants.

Eastside HEAL Zone, is a place-based intervention that targets both places and people, utilizing environmental strategies supported by policy and reinforced by education and promotion. The initiative is made possible in part by funding from Kaiser Permanente on behalf of the Riverside Community Health Foundation. Furthermore, Eastside HEAL Zone has in place, a network of community residents and partner organizations working together to expand Healthy Eating and Active Living in the Eastside community.

The 3.5 mile walk will begin and end at Park Avenue Missionary Baptist Church (1910 Martin Luther King Blvd., Riverside, CA 92507). Participating churches include: Our Lady of Guadalupe Shrine, Park Avenue Missionary Baptist Church, Riverside Spanish Seventh-Day Adventist Church, Second Baptist Church of Riverside and 2nd Chance Ministries Church.

Terri Akens, **Walk by Faith** coordinator shares what she is most looking forward to at this year's event. "Seeing everyone come together, the different cultures and faith organizations having a great time; it's a joyful experience." Akens believes the **Walk by Faith** event is a start to bringing unity to the Eastside. "I'm excited to see residents play an active role with the Eastside HEAL Zone and take ownership of their neighborhoods. Overall, I hope the **Walk by Faith** event continues to encourage Eastside residents to be more active and lead a healthier lifestyle."

In addition to walking the route, the event will include music, interpretive dancing from local churches, healthy-living information provided by local organizations and FREE health screenings offered by the American Heart Association!

With over 200 participants in the route last year, including Mayor Rusty Bailey and Riverside City Councilmember of Ward 2, Andy Melendrez, this year's walk will be one to remember! To register for the **Walk by Faith** route, search 4th Annual Walk by Faith route online at Eventbrite.com. For more information on Riverside Community Health Foundation visit www.rchf.org.

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Visit us at rchf.org

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Register for the Walk by Faith Route!

<https://www.eventbrite.com/e/4th-annual-walk-by-faith-route-tickets-30490027493?aff=es2>

Tag us on social media by using #walkbyfaith2k17

For more information about this press release, please contact Terri Akens at 951.788.3471 or at terri@rchf.org