



# LICKING COUNTY HEALTH DEPARTMENT

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## FOR IMMEDIATE RELEASE

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*Pink Strides: 5k Trail Run, 1-mile Wellness Walk on Sept. 17*



**08/29/15 LICKING COUNTY, OHIO** – The Licking County Health Department’s SASS (Screening and Survivor Support) for Breast Cancer program is hosting the 9th Annual Pink Strides 5k Trail Run and 1-mile Wellness Walk on **Saturday, September 17**, at Infirmary Mound Park in Granville beginning at 9 a.m. The event precedes National Breast Cancer Awareness Month in October. Proceeds provide breast cancer prevention services to qualifying women in Licking County and offers wellness programming for Licking County residents through the Licking County Wellness Coalition.

Event sponsors include Licking Memorial Health Systems, The Energy Cooperative, Licking County Foundation, Velvet Ice Cream, SASS for Breast Cancer program, and the Licking County Health Department.

### Registration Information:

- Breast Cancer Survivors: 5k or 1-mile wellness walk with t-shirt: \$15 | 1-mile wellness walk without t-shirt: Free.
- All other participants: 5k or 1-mile wellness walk with t-shirt: \$25 before September 2, then \$30

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Registration can be completed by visiting the “events” page at [www.lcsass.org](http://www.lcsass.org) or by visiting <http://www.allsportsraces.com/pink-strides-5k.html>. Participants may also register the day of the event from 8 to 9 a.m. for \$30 (including t-shirt while supplies last).

All participants will receive post-race refreshments donated by Licking Memorial Health Systems. Finishing medals will be given to the top five male and top five female participants. Leashed dogs and strollers are welcome to join runners and walkers. **New in 2016 – an updated 5k course containing less challenging elevation.**

The Health Department offers breast cancer screening assistance to eligible women in Licking County through the Breast and Cervical Cancer program and the SASS for Breast Cancer program. Women age 40 and over, as well as younger women who are at an increased risk of breast cancer or who are experiencing symptoms, are encouraged to call (740) 349-6535, option 5, for more information on mammogram assistance. **If you or someone you know needs help paying for a mammogram or has been recently diagnosed with breast cancer, please call today.**

Visit [www.lickingcohealth.org](http://www.lickingcohealth.org) or call **(740) 349-6514** to become involved with the Pink Strides event or the SASS for Breast Cancer program in Licking County.

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*“The Licking County Health Department serves more than 160,000 citizens in the Licking County General Health District by preventing disease, protecting the environment and promoting healthy lifestyles with a vision of healthy people living in healthy communities.”*