

Odessa College

news release

Media Relations and Publications • 201 W. University • Odessa, TX 79764 • www.odessa.edu • 432/335-6416 • Fax 432/335-6860

From: Cheri Dalton

Director of Media Relations & Publications
cdalton@odessa.edu

For immediate release

OC to host 'Get Fit Walk' Saturday, Sept. 12 at Memorial Gardens

ODESSA (Sept. 8, 2009) – Odessa College invites the community to participate in its “Get Fit Walk” Saturday, Sept. 12 at Memorial Gardens, 4810 E. 42nd Street, in Odessa.

Bring the whole family and join in OC’s community “Get Fit Walk” sponsored by Medical Center Hospital. Registration starts at 8 a.m. and the walk begins at 9 a.m. Fitness professionals will be available to help you learn more about healthy eating and exercise.

Walk participants will be entered in a drawing for a \$200 Visa gift card to be given away Oct. 8 at OC’s 30 for 30 Grand Finale.

OC’s 30 for 30 Fitness Challenge is sponsored by Medical Center Hospital, City of Odessa, Fitness Specialist, Subway, Names and Numbers and Metabolic Research.

OC offers everyone in the community more opportunities to be healthy, have fun and get fit. For more information call the OC Sports Center at 335-6348.