

By Jan Schultz

The Imperial Republican

Imperial area residents have a chance locally to celebrate National Public Health Week with an after-work walk Monday, April 1.

Heidi Wheeler of Imperial, who works for Southwest Nebraska Public Health Department (SWNPHD) as its emergency response coordinator, is leading the 15-20 minute walk starting at 5 p.m. Monday.

Walkers should meet at Imperial's SWNPHD office, located on the north side of the hospital annex building at 510 West 12th St. (building housing First Insight Eyecare and Southwest Nebraska Dental).

Wheeler said the group will walk in residential areas and return to the starting point at the office building.

Walking is one way to take preventive measures that will help produce healthier people, thereby healthier communities in southwest Nebraska, according to health professionals.

"We are sponsoring these walks to also show people that walking can fit into their daily routine," Wheeler said.

"National Public Health Week helps educate Nebraskans about ways to live healthier lives. Health care costs are rising and in many cases, these costs are increasing because preventive measures are not being taken to eliminate future costs," said Myra Stoney, SWNPHD director.

To kick off National Public Health Week April 1-7, residents in southwest Nebraska can participate in three other community walks, as well.

Here is the full schedule of walks in the area, all scheduled on Monday, April 1.

Imperial, 5 p.m. MT, start at SWNPHD office, 510 West 12th, Heidi Wheeler coordinator.

Grant, 12 noon, start at Grant Tribune-Sentinel Office, main street, Shari Friedel coordinator.

Trenton, 5 p.m. CT, start at shelter house at Trenton City Park, Helena and Jaynee Janousek coordinators.

McCook, 5 p.m. CT, Kelly Park lower shelter house, Linda Gordon coordinator.