



**For Immediate Release**

## **Information Sessions about Kaiser Permanente Corporate Run/Walk & Fitness Program Scheduled**

**Atlanta, Georgia (June 9, 2010)** – A series of information sessions about the Kaiser Permanente Corporate Run/Walk & Fitness Program have been scheduled around the metro Atlanta area at a variety of locations to inform the general public, recruit participants and raise awareness about the program. The sessions feature refreshments, giveaways, prize drawings, free event parking passes for all attendees and the opportunity to meet Olympian Jeff Galloway.

- **Thursday, June 10, 6-8 p.m., Assurant**  
260 Interstate N. Circle, SE., Atlanta, GA 30339
- **Thursday, June 24, 6-8 p.m., Holiday Inn Conference Center** (hosted by the City of Decatur)  
130 Clairmont Ave, Decatur, GA 30030
- **Tuesday, July 13, 7:30-9 a.m., Jason's Deli Midtown**  
230 10th St NE, Atlanta, GA 30309
- **Wednesday, July 28, 6-8 p.m., Waffle House, Inc.**  
5986 Financial Dr., Norcross, GA 30071
- **Tuesday, August 3, 6-8 p.m., Phidippides running/walking store - Ansley**  
1544 Piedmont Avenue, Atlanta, GA 30324
- **Thursday, August 5, 6-8 p.m., Phidippides Sandy Springs**  
220 Sandy Springs Circle, Sandy Springs, GA 30328
- **Tuesday, August 10, 6-8 p.m., Phidippides Sandy Springs**
- **Wednesday, August 11, 6-8 p.m., Phidippides Ansley**

### **About the Kaiser Permanente Corporate Run/Walk & Fitness Program**

The Kaiser Permanente Corporate Run/Walk & Fitness Program is a unique workplace-organized fitness program that began in 1983 in Atlanta with 900 participants from a handful of companies. Designed to inspire fun, fitness and camaraderie among Atlanta's corporate community, the annual event attracts more than 15,000 participants from more than 350 companies and is one of the largest workplace organized corporate fitness events in the Southeast. Event highlights of the 28<sup>th</sup> run/walk event include an eight-week "Get Active Atlanta" training program, 5K run/walk, *Best Self Atlanta* Magazine Expo, free team and candid photos, awards ceremony, fireworks, music by Rupert's Orchestra and hundreds of office picnics in downtown Atlanta adjacent to Turner Field. A portion of the proceeds benefits the Atlanta Braves Foundation and the Atlanta Community Food Bank. For more information, visit [www.kpcorporaterunwalk.com](http://www.kpcorporaterunwalk.com).

**TRAINING:** July 26 – Sept. 16, Free 8-week "Get Active Atlanta" Training Program  
Aug. 18 – Sept. 15, Complimentary Workouts at LA Fitness – all Metro Atlanta locations

**5K RUN/WALK:** September 16, 2010, 7:00 p.m., Downtown Atlanta, Turner Field

**REGISTRATION:** [www.kpcorporaterunwalk.com](http://www.kpcorporaterunwalk.com)

Online: May 1 – September 15, 2 p.m.  
Mail: May 1 – September 10  
In-person: September 9-15 (at Phidippides running/walking stores)

### **Follow us on Facebook and Twitter:**

Facebook: Search for Kaiser Permanente Corporate Run/Walk & Fitness Program.  
Twitter: [twitter.com/kpcorprunwalk](http://twitter.com/kpcorprunwalk)

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In addition to seventh year title sponsor Kaiser Permanente, other sponsors for this year's Corporate Run/Walk include Mercer, CBS Atlanta, DAVE FM, 680 The Fan Sports Radio, *Best Self Atlanta* magazine, *FitAtlanta* magazine, Clear Channel Outdoor and Phidippides.

### **About Kaiser Permanente of Georgia**

Kaiser Permanente is Georgia's largest not-for-profit health plan. Its mission is to provide high quality, affordable health care services to improve the health of its members and the communities it serves. Kaiser Permanente serves more than 230,000 members in a 28-county service area in metro-Atlanta with care focused on their total health and guided by their personal physicians, specialists, and team of health care providers. Expert and caring medical teams are supported by industry-leading technology and tools for health promotion, disease prevention, state-of-the art delivery, and world-class chronic disease management. Nationally, Kaiser Permanente is recognized as one of America's leading health care providers, serving more than 8.6 million members in nine states and the District of Columbia. For more information, visit [www.kp.org](http://www.kp.org).

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