



Borough of Chatham

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NEWS RELEASE

FOR IMMEDIATE RELEASE

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Walk with the Mayors Initiative

On Saturday, May 4th the “Walk with the Mayors” initiative kicked off at Loantaka Brook Reservation with Chatham Borough Mayor Carolyn Dempsey, and Chatham Township Mayor Stacey Ewald leading the lineup!

The mayors along with residents, Council Members, and a few four-legged friends enjoyed the afternoon while promoting a healthy lifestyle. The next walk will be held Saturday, June 1, at the Shepard Kollock Park Historic Riverside Trail in Chatham Borough. Participants will meet Chatham Borough Mayor Carolyn Dempsey and Chatham Township Mayor Stacey Ewald in the parking lot of Shepard Kollock Park, Henderson Road at 12:00pm.

The third walk is scheduled for July 13 at the Green Village Conservation Trail head just beyond the Oak Knoll fields at 12:00pm. Rain dates are June 2 and July 14. If you're unable to make one of the walks, but would like to connect with the mayors, you can email Mayor Dempsey at cdempsey@chathamborough.org and Mayor Ewald at sewald@chathamtownship.org,

"Chatham residents value our outdoor spaces and both the Borough, and the Township want neighbors to be able to appreciate the many ways we have to connect with nature right here in our community. I can't think of a better way to spend time with neighbors than enjoying a walk together on our lovely trails, enjoying the warmer weather," said Chatham Borough Mayor, Carolyn Dempsey.

Chatham Township mayor, Stacey Ewald, commented, "I was so pleased the Mayors Wellness Campaign was interested in the 'Walk with the Mayors' initiative. It's a wonderful way to showcase our beautiful parks and trails while getting exercise and connecting with residents. "

Amy Lewis, Health Educator for the Westfield Regional Health Department, and Chair of the Mayors Wellness Campaign said, "Many other communities sponsor similar initiatives with their mayors or elected officials. We are always looking for opportunities to interest the public in activities that foster physical and mental wellness. Even if you're new to exercise, taking a walk in the fresh air with our mayors is something fun that neighbors of any age or physical ability can do."

