*GC’s Wellness Committee encourages employee teams to walk for health for prizes and event discount…*

Fall is a great time for fresh starts and new goals to get healthy and walking for health is one of the simplest positive changes one can make to improve your heart health. According to the American Heart Association, walking can help reduce the risk of coronary heart disease, osteoporosis, breast and colon cancer and Type 2 diabetes as well as improve blood pressure, blood sugar and lipid levels and help with weight control. This fall why not improve your health by taking part in a long distance walking event held right here in Goshen on the Pumpkinvine Trail on Sat Sept 19th. Better yet, grab a few coworkers and form a team sporting GC t-shirts. Though not a race, the first team that finishes will get prizes from Norm Bakhit, HR director in addition to the medal and a chance to win walking shoes. There are 3 levels of participation- a 10K, 1/2 and full marathon walks. As part of this wellness initiative, HR will pay half of the registration fee for the 10K walk (full registration is $15).More info is forthcoming.

Visit the Maple City Walk website: [www.cityonthego.org](http://www.cityonthego.org/)

Sherry Wenger

MCW committee

The seventh annual Maple City Walk, hosted by Downtown Goshen, Inc., will be Saturday, September 19, 2015. This is a 10K, 1/2 or full marathon walk mostly on the Pumpkinvine Nature Trail that starts and finishes at the Powerhouse Park by the Goshen Farmers Market at 7:30 AM. The 10K walk begins at 9 AM. On-site registration begins at 7 AM for the half and marathon walks and 8:30 AM for the 10K. Register online at for a reduced fee by **September 12** or register the day of the walk. Each participant who completes the walk gets a Maple City Walk medal and a chance to win a free pair of walking shoes from Woldruffs. For those interested, a free weekly training walk is held every Thursday at 6 pm, starting at the Abshire Park cabin, 1302 E. Lincoln Ave. For more information, registration and a map of the course:

       Visit the Maple City Walk website: [www.cityonthego.org](http://www.cityonthego.org/)

       E-mail: [juliagautsche@goshencity.com](mailto:juliagautsche@goshencity.com)

       Call: [574-596-1632](tel:574-596-1632)

To register for the 10K walk with your GC employee team, go the event that day, show your GC ID badge and pay $7.50 to participate. Goshen College HR will be billed for the rest. Do not register online.