

FOR IMMEDIATE RELEASE from Southeast Missouri Hospital

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For more information, contact Mark Bliss in Marketing, 986-6607.

HealthPoint Fitness to Host Pink Ribbon Run in Cape, Jackson

HealthPoint Fitness in Cape and Jackson will hold a month-long Pink Ribbon Run in recognition of Breast Cancer Awareness Month.

The two fitness centers have each installed a Cybex® pink treadmill. The Cybex company has pledged to make a donation to cancer research based on the number of miles logged on the pink treadmills during the month of October. Both fitness centers will encourage participants to keep the treadmills constantly moving during business hours.

The Pink Ribbon Run is open to both HealthPoint members and non-members. A non-member may participate if he or she donates \$10 to help fund the Hospital's cancer programs.

On a specially painted pink wall at each center, walkers can sign the names of loved ones who have survived or been victims of breast cancer.

The Pink Ribbon Run will kick off on Thursday, October 1, at 8 a.m. at both fitness centers when breast cancer survivors will take to the treadmills.

HealthPoint's two fitness centers will compete in a Treadmill Challenge on Monday, Tuesday and Wednesday, October 26, 27 and 28. The challenge is open to HealthPoint members and the general public. Treadmill walkers will each pay \$20 and sign up for a scheduled time to walk on the pink treadmills. All participants will receive t-shirts. A celebration will be held at the center which raises the most money over the course of these three days. Proceeds will go to Southeast Missouri Hospital Foundation projects to benefit cancer patients.

For more information and entry forms, contact HealthPoint – Cape at (573) 986-4444 or HealthPoint – Jackson at 243-2211.

