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Community Health Center, Inc. Partners with Road Runners Club of America to Celebrate the 6th Annual RUN@WORK Day

CHC employees and their friends, family and patients will walk, run, jog or bike around the New Britain community on Friday, September 16th

New Britain, CT (September 8, 2011) – Community Health Center, Inc. (CHC) has partnered with the largest grassroots running organization in the country, the Road Runners Club of America (RRCA), to promote the 6th Annual RUN@WORK Day on September 16, 2011. Through this partnership, our organizations are working together to promote physical activity and healthy living within our community and around the country.

The goal of RUN@WORK Day is to encourage adults to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. “We are hoping that this will not just be a one-time event but a ‘kick-off’ event to encourage all CHC staff at our locations across the state to get 30 minutes of physical activity each day,” said Anna Rogers, event organizer and coordinator for the CHC of New Britain Family Wellness Center. “It’s not always easy to find 30 consecutive minutes during the hectic and busy work day to move, but break it up! Turn meetings into “Walking Meetings”, take 5 minutes from your daily lunch break and walk around the building, take the stairs instead of the elevator. By doing this, we are representing the message that we give to our patients and families every day-- physical activity improves health.”

“Promoting individual health and building healthy communities is the cornerstone of Community Health Center, Inc.,” remarked Mark Masselli, president and CEO of CHC. “We encourage area employers and employees to plan and participate in local Run@Work Day events as part of the national movement to get people to incorporate exercise into their daily routines.”

The Community Health Center of New Britain is leading the effort with an early morning event. Starting at 7:15 a.m. employees will gather in the parking lot of the New Britain location, at 85 Lafayette Street, and walk, run, jog or bike a 2 mile route through the neighborhood. A celebratory breakfast will follow where participants can mingle, share their own inspiring and motivational stories, exchange tips on leading a healthy lifestyle and ask questions.

“The RRCA is excited to have Community Health Center, Inc. involved in our RUN@WORK Day series of events”, commented Jean Knaack, executive director of the RRCA. “Participation in the 6th Annual RUN@WORK Day is an important step in raising awareness about the importance of daily physical activity. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity crisis gripping our nation.”

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About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for underserved and uninsured populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Currently, CHC delivers service in 218 locations statewide, offering primary care in medical, dental and behavioral health services.

About the RRCA

Founded in 1958, the RRCA is the oldest and largest distance running organization in the United States with over 1500 running club and event members representing 200,000 individual runners active in their running communities. The mission of the RRCA is to promote the development and growth of running clubs, running events, and supporting the common interests of recreational runners throughout the country at all stages in life. The RRCA provides a national infrastructure for the development of recreational adult and youth running clubs and events that have boomed into a robust sporting activity. The RRCA actively promotes running as a healthy lifestyle and positive social activity and strives to provide quality programming that can be replicated throughout the country, such as our highly successful Start a Running Club program has been the cornerstone of our organization for over fifty years.

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