



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department  
*"Promoting Healthy Families, Healthy Communities"*

For more information, please call: (989) 773-5921 ext. 1409  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

**To: Local Media**

**From: Central Michigan District Health Department**

**RE: 8<sup>th</sup> Annual HIV/AIDS 5K Fundraiser**

**Release Date: July 2017**

**8<sup>th</sup> Annual Central Michigan HIV/AIDS 5K Walk/Run Receives Pure Michigan  
Fitness Endorsement**

The Governor's Council endorses local event

**Mt. Pleasant, Mich.** – The Governor's Council on Physical Fitness, Health and Sports and the Michigan Fitness Foundation have endorsed the 8<sup>th</sup> Annual Central Michigan HIV/AIDS 5k walk/run event as a quality physical activity event through the Pure Michigan FITness Series endorsement program.

Central Michigan District Health Department (CMDHD) is committed to the belief that all people have dignity and worth and are entitled to the highest quality of life by providing a voice, leadership, education, medical and support services for those people affected and living with HIV / AIDS.

Our 8<sup>th</sup> Annual Central Michigan HIV/AIDS 5k walk/run is aimed to educate the community, reduce HIV/AIDS related stigma and raise funds to help people who have been diagnosed and living with HIV/AIDS within the state of Michigan. Proceeds from this event will help provide comprehensive support, including medical care, case management, and social service referrals to address needs such as insurance, primary medical care, food, housing, transportation and counseling.

This year's fundraiser is a competitive 5K chip timed run or a 5K walk held at Island Park starting at the South Shelter in Mt. Pleasant, MI on Saturday, September 9<sup>th</sup>. We encourage everyone from our local communities to participate in this event which is open to all ages and ability levels. This is a family friendly event and a great opportunity to help give back and take part in our community. To register, log onto

<https://runsignup.com/Race/MI/MountPleasant/8thAnnualCentralMichiganHIVAIDSWalk>

Pre-registration is \$25 and \$30 after 8/31<sup>st</sup>. Kindergarten through 12<sup>th</sup> grade pre-registration is \$10 or \$15 after 8/31<sup>st</sup>. Registration/Check in will begin at 8:00 am on the day of the race with a race start time of 9:00 am. More information is available by calling Smita Bhattarai at 989-773-5921 ext. 1446.

The Pure Michigan FITness Series program endorses local, regional and statewide events that are consistent with the Governor's Council and the Michigan Fitness Foundation mission to promote healthy choices while offering a physical activity event that is open to all participants, regardless of skill level or age. The 8<sup>th</sup> Annual Central Michigan HIV/AIDS 5k walk/run leads by example in providing a safe, healthy physical activity event for Michigan residents.

Have your event endorsed by Pure Michigan FIT. Any organization hosting a physical activity event can fill out an endorsement application. Some criteria taken into consideration include the safety and well-being of participants, qualifications of event organizers and officials, proper emergency procedures and maximum participation opportunities.

For more information about the Governor's Council's endorsement program, please visit [www.michiganfitness.org/pure-michigan-fitness-series](http://www.michiganfitness.org/pure-michigan-fitness-series).

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org), LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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