

**VA**



**U.S. Department  
of Veterans Affairs**

Dayton VA Medical Center

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**FOR IMMEDIATE RELEASE**

**DATE: April 5, 2017**

## **Dayton VA Medical Center to host National Walking Day campus and health fair**

DAYTON, Ohio -- The Dayton VA Medical Center, in cooperation with the American Heart Association, will celebrate the National Day of Walking with a health fair and campus walk from 11 a.m. to 1 p.m. April 5 in building 305.

The event, now in its fourth year and sponsored by Booz|Allen|Hamilton, will include a one-mile walk and health fair with chair massages, healthy cooking demonstrations, live entertainment, tai chi and Pilates classes, free healthy snacks and a Fitbit giveaway. There is also the chance to Walk with a Doc, and a Dayton VA historical walking tour.

This event is free and open to the public.

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*For more information about the event, contact Ted Froats at (937) 267-3919 or [ted.froats@va.gov](mailto:ted.froats@va.gov).*