

# Organization walks for bone strength promotion

BY JENNIE IMAGE

Councilman Mark Solomon welcomed more than 40 participants, volunteers and guests who came together recently at a community walk at Crowley Park near Garland to highlight the importance of walking regularly to promote bone health.

The walk was put on by the National Osteoporosis Foundation North Dallas Support Group, and it also was attended by Colette Cole, senior personal trainer at Cooper Fitness Center in Dallas.

The center donated more than \$1,000 in raffle prizes for the event.

Expenses for the event were covered in part by a donation from the Dallas Indian Lion's Club.

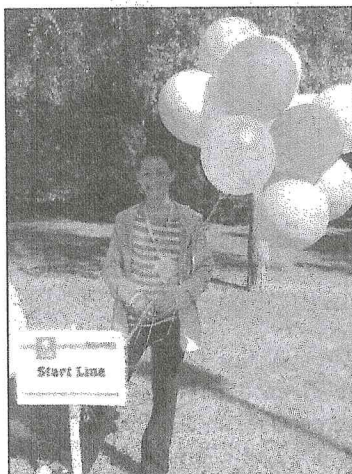
This was the first community walk the group has hosted.

The NOF North Dallas Support Group meets monthly at Methodist Richardson Medical Plaza 1.

This is an opportunity for attendees to learn more about osteoporosis and exchange ideas for coping strategies.

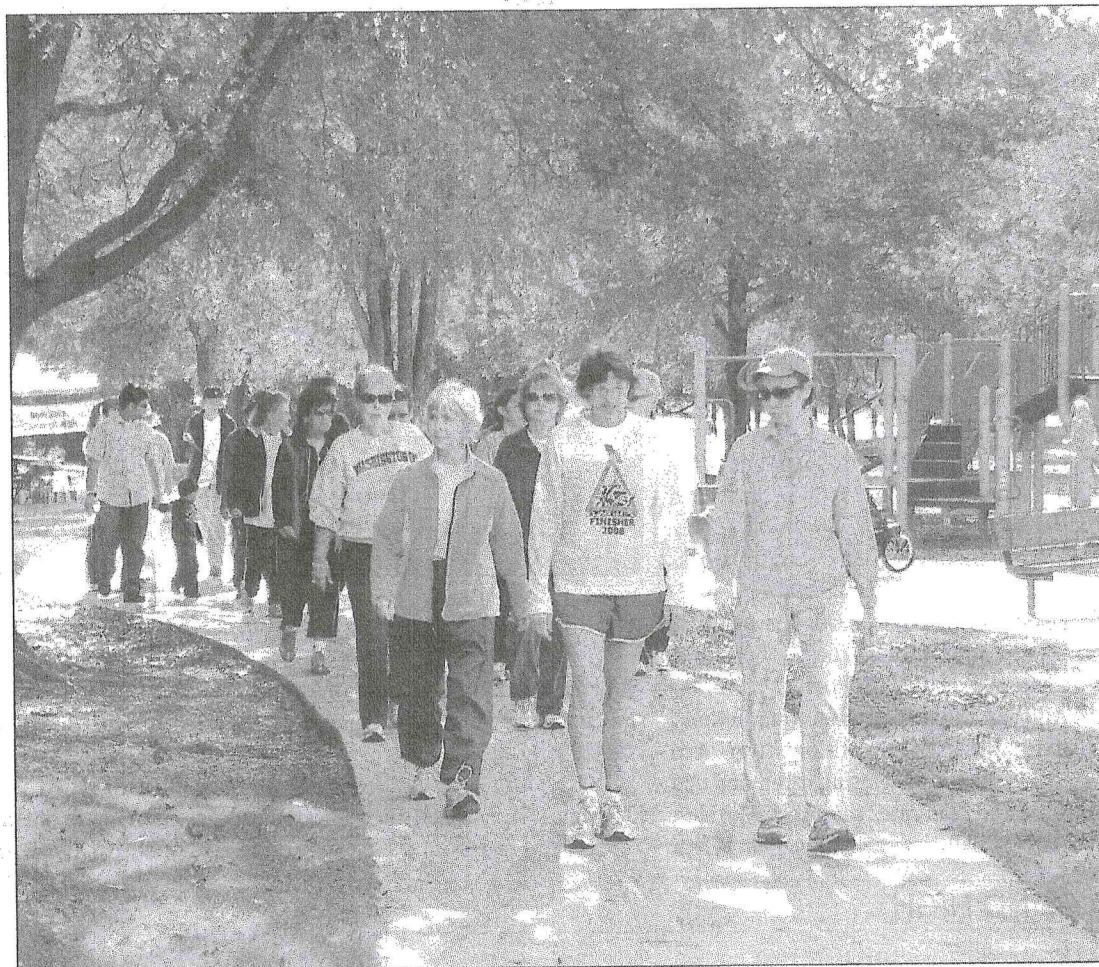
## MORE INFO

Contact Jennie Image, 927-965-1467, or Rita Clarke, 972-241-7542. Additional information is available from the National Osteoporosis Foundation, in Washington at 202-223-2226 or online at [nof.org](http://nof.org)



Sarah Clarke brightens the day with her smile at the start of the race. She drew raffle tickets for the prizes later in the day.

*Jennie Image is a Garland resident and the event coordinator for the osteoporosis awareness walk.*



Anne Kovacs, Cindy Klamm and Janet Rock hit the trail during their community walk.

PHOTOS SUBMITTED BY JENNIE IMAGE

neighborsgo | Garland | Wylie | Sachse

CLUBS & ORGANIZATIONS | SOUTH GARLAND SOUTHERN BELLES

Drill team honors cancer survivors