York County Walks initiative hopes to get people active

Spring has sprung, and the Healthy York County Coalition wants to make sure people are getting outside to enjoy the warmth.

The coalition and its partners have teamed up to create the York County Walks initiative, connecting York County residents with organizations to promote healthy living and increase the walkability of the community.

The group is hosting three free walks around York County at 1 p.m. Sunday. Individuals and groups are welcome to come to any of the three locations to join in the walks and get to know other community members.

The event will go on rain or shine, according to the Healthy York County Coalition’s website.

Hanover residents can check out the walk at South Western High School Track, 225 Bowman Road. York City residents can walk with people at Penn Park at the corner of Pershing and College avenues.

Others can join in the York County Walks initiative at John Rudy County Park, 400 Mundis Race Road.

According to the Healthy York County Coalition, York County Walks hopes to help York County residents with weight loss, improved mental focus and attitude, increase energy and strengthen bones and muscle.

For more information on York County Walks, visit healthyyork.org.