



# NEWS RELEASE

TRAVIS COUNTY SHERIFF'S OFFICE

P.O. Box 1748, Austin, Texas 78767

FOR IMMEDIATE RELEASE:

September 6, 2007

## **Travis County Employees Kick Off Fitness Program**

Inaugural Event Could Become Annual Launch For Wellness Training Initiative

Employees of Travis County government are being encouraged to participate in a Wellness Festival to kick off a 12-week training program.

The event starts at 9:00 AM Friday, September 7, 2007, at 509 W. 11<sup>th</sup> Street, (in Woodmansee Plaza) with senior Salsa Dancers performing, and continues until 2:00 PM. County employees will hear motivational speakers and fitness experts speak, and can peruse informational exhibits and vendor displays on health-related subjects like nutrition, exercise, sports medicine and massage.

They can also sign up for a 12-week training program developed by Travis County and RunTex. The program ramps up to prepare participants for competition in the annual Brown Santa 5K on December 2<sup>nd</sup>, 2007. Proceeds from the race in December will benefit Brown Santa, the Travis County Sheriff's Office charity that helps thousands of underprivileged children and their families in rural Travis County and residents of local retirement centers.

Sheriff Greg Hamilton said, "Every year, more Travis County employees are accepting the challenge to live a healthier lifestyle. Those who come to this festival, sign up, train up and race in December can enjoy the benefits of an organized, goal-oriented exercise program. And they'll be doing a good deed for their community too, raising money for Brown Santa."

For more information contact Dan Mansour at [Dan.Mansour@co.travis.tx.us](mailto:Dan.Mansour@co.travis.tx.us) or call 854-9499.

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