

Delnor Hosts 11th Annual Walk for Women's Wellness
Family Friendly 5-Mile Walk Along Fox River

GENEVA, Ill., August 23, 2011 – According to the U.S. Department of Health and Human Services Office on Women's Health, chronic diseases are the most common and costly of all health problems, but they are also the most preventable. By making lifestyle changes — such as quitting smoking, getting more exercise, eating healthier and drinking less alcohol — you can prevent many chronic conditions. Delnor Hospital, in west suburban Geneva, also encourages regular screenings and physician visits to enhance your wellness.

Delnor Hospital is hosting the eleventh annual Walk for Women's Wellness on Sunday, September 25, beginning at Gunnar Anderson Park, Geneva. All proceeds from this five-mile walk benefit women's health through educational programming, preventive screenings and special events.

The walk kicks off at 8:30 a.m. from the park and follows the bike trail along the scenic Fox River.

All paid pre-registered walkers will receive a special walk T-shirt. Walkers who register the day of the walk will receive a T-shirt while supplies last. Courtesy of the Delnor Health & Wellness Center, participants will also be treated to complimentary seated massages, mini table-side seminars given by staff physicians and refreshments. In addition, there will be informational booths representing many Delnor services and a raffle.

The Walk for Women's Wellness is being underwritten by generous donations from the Delnor Hospital Foundation.

Adults, age 13 and up, cost \$20 to register and children, ages four – 12, pay \$10. The cost to register the day of the walk is the same, however, a T-shirt is not guaranteed. Children age three and under are free (but do not receive a T-shirt.) Same day registration begins at 7 a.m.

For more information about the Walk for Women's Wellness or to pre-register, call the Walk Hotline at 630-208-FEET (3338)/TTY 630-208-4399 for the hearing impaired or visit

www.delnor.com. You can also pre-register by stopping in Community Health & Outreach in the Delnor Health & Wellness Center.

ABOUT DELNOR

Delnor Hospital, located at 300 Randall Road in Geneva, offers a broad range of health care and wellness services for residents of Chicago's western suburbs and beyond. Delnor is accredited by the Joint Commission and is designated a Magnet nursing hospital of excellence by the American Nursing Association. It also is a Planetree designated hospital for excellence in patient-centered care. For more information or to find a doctor on the medical staff of Delnor, please visit www.delnor.com or call 630-208-3993/TTY 630-208-4399 for the hearing impaired.