



MEDIA RELEASE
For Immediate Release

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It's time to Get Active, Howard County

Get Active Howard County kicks off March 27 with event at Supreme Sports Club

Columbia Association (CA) will help launch the sixth annual Get Active Howard County program with a free kick-off celebration at Supreme Sports Club, Saturday, March 27, from noon to 4 p.m. with free roller skating admission (skate rental is extra); a free Zumba class; information on health issues; demonstrations of exercise activities and equipment; light snacks; and activities for children.

The Get Active Howard County program is a 10-week health initiative designed to encourage Howard County residents to become more active by incorporating 30 minutes of physical activity into their day, at least five days a week. This program is free and open to anyone living or working in Howard County. Registration begins March 1. Interested participants can register at www.GetActiveHowardCounty.org or pick up a paper log at any of the Howard County libraries or 10 village centers. The program runs from March 29 through June 6.

Get Active Howard County is a partnership of CA, Howard County Health Department, Howard County General Hospital, Howard County Recreation & Parks, Howard County Department of Citizen Services, Howard County Nutrition and Physical Activity Coalition, Howard County Library, American Diabetes Association, American Cancer Society, We Promote Health and the Villages of Columbia. For more information on Get Active Howard County, please contact Carol Wasser at 410-715-5523 or Carol.Wasser@ColumbiaAssociation.com. Supreme Sports Club is located at 7080 Deepage Drive in Columbia.

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