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**Walk into the Weekend: Prevea offering free walking program in Green Bay, Appleton, Sheboygan and Chippewa Valley communities**

**Green Bay** – Prevea Health is offering a free walking program to encourage community members to get active!

*Walk into the Weekend* is offered in the greater Green Bay area, Fox Valley, the greater Sheboygan area and Chippewa Valley, every Friday beginning June 10 at 7 or 7:30 a.m. through early August. There will be no walks on July 1.

The program offers pre-planned routes, each lasting about an hour, intended to get your heart pumping. Participants receive an email each week with the route to follow beginning at various locations. For every week attended, participants are entered into a drawing to win a Prevea Fitness package, including a duffel bag, yoga mat and other minimal exercise equipment.

Registration is required by visiting: [www.prevea.com/events](http://www.prevea.com/events)

Those interested can register at any time to receive the routes and starting locations in any of the above-mentioned communities.

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**About Prevea Health**

Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph's Hospital in Chippewa Falls. For more information, visit [www.prevea.com](http://www.prevea.com).