



**Wyoming Women's Health
Coordinating Center**
at The Wyoming Health Council



Wyoming Women & Girls Wellness Walk and Health Expo

The *Wyoming Women & Girls Wellness Walk and Health Expo* is a combined event that was originally developed to celebrate National Women's Health Week. The purpose of the event is to provide women and girls with an opportunity to take positive steps toward improving their health. This event can take place in May during National Women's Health Week, or any other time throughout the year.

The Wyoming Women's Health Coordinating Center at the Wyoming Health Council will provide a complete planning module and various women's health materials (pedometers, water bottles, various educational materials – depending on availability) **free of charge** to local Wyoming entities to assist them with implementation of the *Wellness Walk and Health Expo*.

The *Health Expo* features booths to provide women and girls with information, services, and resources pertaining to female health issues. Local organizations, health care providers, and businesses can be recruited to take part in the event. A list suggesting many potential partners and other resources for the event is provided in the module.

The *Wellness Walk* is a non-competitive walk that women and girls can participate in at anytime during the Health Expo event on a predetermined walking route and at their own pace. The recommended distance can vary depending on availability of paths / routes but not less that one mile is recommended.

We do require that that you sign a simple agreement with us to obtain the planning module and free resources to ensure that the Wyoming Women's Health Coordinating Center will obtain some minimal data collected at the event so that we can monitor walk/expo effectiveness. Please e-mail us at womenshealth@wyhc.org or call 307-632-3640 for more information.