



NEWS RELEASE

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SENIORS GRAB WALKING SHOES FOR WEDNESDAY WALKERS

ST. CHARLES COUNTY, MO – Every Wednesday, now through September, those 55 and older have the opportunity to use the Youth Activity Park, 7801 Highway N, Dardenne Prairie MO, 63368, for the St. Charles County Parks' new Wednesday Walkers program.

This FREE fitness program, geared toward seniors, is held from 8 a.m. – noon prior to the park's regular business hours. The park has nearly one mile of paved trails to enjoy. Free coffee is available at the concession stand. Outside drinks are permitted.

Registration is not necessary, and openings are unlimited. Those planning to participate should check the Rainout Line on the website, or call 636-707-0011, prior to walking. For more information, call the park at 636-561-4964.

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Founded in 1812, St. Charles County is one of the fastest growing counties in Missouri, and the state's third largest county in both population and economic share. St. Charles County consistently ranks one of the healthiest places to live in Missouri in the County Health Rankings report published by the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. It is home to 12 scenic county parks encompassing more than 2,800 acres with additional land under development and more in reserve for future development.

With a population of 385,840, St Charles County is home to large employers including General Motors, Citi, MasterCard Worldwide and Boeing. It is ranked among the top 25 counties in the nation in high-tech job growth by the Progressive Policy Institute and consistently has the lowest unemployment rate in the Metropolitan St. Louis area.

St. Charles County Government employs nearly 1,100 in more than 30 departments and offices, who work to make the county an excellent place to live, work and shop. For more information, please visit www.sccmo.org.