



Borough of Chatham

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NEWS RELEASE

FOR IMMEDIATE RELEASE

May 2, 2024

Walk with the Mayors Initiative

Chatham Borough and Township, along with the Mayors Wellness Campaign announce the launch of "Walk with the Mayors", beginning this Saturday, May 4.

The Chatham Borough and Township mayors are getting outdoors, and they want you to join them! We are pleased to announce the "Walk with the Mayors" initiative which will allow residents to join the mayors for some exercise and conversation in various locations of Chatham Township and Chatham Borough. The Mayors Wellness Campaign approached the mayors of both municipalities as a new way to engage neighbors and promote a healthy lifestyle. Amy Lewis, Health Educator for the Westfield Regional Health Department, and advisor to the Mayors Wellness Campaign said, "Many other communities sponsor similar initiatives with their mayors or elected officials. We are always looking for opportunities to interest the public in activities that foster physical and mental wellness. Even if you're new to exercise, taking a walk in the fresh air with our mayors is something fun that neighbors of any age or physical ability can do."

The first walk is this Saturday, May 4 at Loantaka Brook Reservation. Participants will meet Chatham Borough Mayor Carolyn Dempsey and Chatham Township Mayor Stacey Ewald in the parking lot on Loantaka Way at 12:00pm. Future walks are scheduled for June 1 at the Shepard Kollock Park Historic Riverside Trail in Chatham Borough, and July 13 at the Green Village Conservation Trail, all at 12:00. Rain dates are May 5, June 2, and July 14. If you're unable to make one of the walks, but would like to connect with the mayors, you can email Mayor Ewald at sewald@chathamtownship.org, and Mayor Dempsey at cdempsey@chathamborough.org.

Chatham Township mayor, Stacey Ewald, commented, "I was so pleased the Mayors Wellness Campaign was interested in the 'Walk with the Mayors' initiative. It's a wonderful way to showcase our beautiful parks and trails while getting exercise and connecting with residents. "

"Chatham residents value our outdoor spaces and both the Borough, and the Township want neighbors to be able to appreciate the many ways we have to connect with nature right here in our community. I can't think of a better way to spend time with neighbors than enjoying a walk together on our lovely trails, enjoying the warmer weather," said Chatham Borough Mayor, Carolyn Dempsey.

Chatham residents have more opportunities than ever to walk, run and move with their neighbors. In addition to "Walk with the Mayors", The Chatham Chiliad is a new walking group for seniors that not only walks locally, but takes it's walks as far away as the Brooklyn Bridge and the High Line in New York City. The Mayors Wellness Campaign is on the cusp of launching a running group led by Chatham Borough Council Member, Justin Strickland, for residents who want additional exercise. We invite all residents to get out, get walking, and get moving together this Spring!



The poster features a green border and a central white area with a blue sky and green hills background. At the top, the title "Walk with the MAYORS" is displayed in white and green. Below the title are two circular portraits of Carolyn Dempsey and Stacey Ewald. The event schedule is listed in three rows, separated by dotted lines. Rain dates are listed below the schedule. The bottom of the poster includes the sponsor information and the MAYORS WELLNESS CAMPAIGN logo.

Walk with the MAYORS

Carolyn Dempsey
Chatham Borough Mayor

Stacey Ewald
Chatham Township Mayor

Saturday, May 4 12:00 noon Loantaka Brook Reservation

Saturday, June 1 12:00 noon Shepard Kollock Park

Saturday, July 13 12:00 noon Green Village Conservation

Rain dates: Sunday, May 5 — Sunday, June 2 — Sunday, July 14

Sponsored by the Mayors Wellness Campaign Advisory Committee of the Chathams

 **MAYORS WELLNESS CAMPAIGN**

For more information contact Amy Lewis, Chairperson
alewis@westfieldnj.gov or 908-789-4070, ext. 4080