



NEW YORK STATE SENATOR

Malcolm Smith

## 5th Annual Health Walk

MALCOLM A. SMITH June 17, 2013

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(St. Albans, NY) - State Sen. Malcolm Smith (D-Hollis) held his 5th Annual Health Walk on Saturday, June 15, in St. Albans Park. More than two dozen residents took part in the event which aims to educate people about the importance of an active lifestyle.

"It was a gorgeous day and a perfect opportunity to exercise in the the fresh air and sunshine," Smith said. "It was great to see constituents out enjoying the event and getting fit at the same time."

Participants warmed up by walking around the park before getting into more physical exercise led by Candice Woods, owner of Fabulous Fitness NYC (shown in photo stretching

with Smith).

The senator's office gave away free t-shirts along with some goodies provided by sponsor WellCare, which included water bottles, wet naps, pens, cups, insulated coffee mugs and orange beach balls.