



FOR IMMEDIATE RELEASE
April 10, 2013
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Columbia Valley Community Health Takes its Patients on a Hike

CVCH partners with the Chelan-Douglas Land Trust to increase awareness and activity in the foothills

Wednesday, April 10, 2013: [Columbia Valley Community Health](#) is partnering with the [Chelan-Douglas Land Trust](#) to host a series of five guided hikes as part of the Foothills Hiking Challenge. The goal of this exciting partnership is two-fold: engage and educate CVCH patients and staff about the health benefits of hiking, and increase utilization and knowledge of the Foothill trails.

This series of guided hikes will begin Sunday, April 14 at 4pm with four more hikes being held the following four Sundays. Present at these hikes will be a CVCH medical provider to discuss, and lead by example, the importance and health benefits of exercise, as well as a bilingual guide from the Land Trust that can address the history and unique features of each of these trails.

Marlen Mendez, CVCH Outreach Supervisor, and **Jennifer Vazquez-Bryan**, MD, MPH at CVCH, coordinated this project with the Land Trust. Mendez says that barriers to trying new activities, such as hiking, are often as simple as not knowing where to go or how to start.

“The goal of this structured program is to familiarize people with the trails and help them to become comfortable enough to take up hiking as a means of regular exercise on their own,” Mendez said. “The partnership between the Land Trust and CVCH aims to get a wider population out there, not only exercising but appreciating the beauty of our valley.”

Dr. Vazquez is also excited to see this project come to fruition. “We are doing this to exemplify how CVCH is committed to helping patients have a healthier lifestyle through regular physical activity,” Vazquez says.

These guided hikes are open to the public and CVCH invites other individuals or community groups to attend. Participants are encouraged to sign up with Mendez and the Outreach Department but can also show up the day of the hike. The scheduled CVCH-Land Trust hikes are as follows:

- Sunday, April 14: Dry Gulch, 4pm (2 miles, estimated time: 1 hour)
- Sunday, April 21: Saddle Rock, 4pm (3 miles, estimated time: 2 – 2.5 hours)
- Sunday, April 28: Jacobson Preserve, 4pm (1.3 miles, estimated time: 1.5 hours)
- Sunday, May 5: Sage Hills, 4pm (3 miles, estimated time: 1.5 – 2 hours)
- Sunday, May 12: Horse Lake Reserve, 4pm (5 miles, estimated time: 2 – 2.5 hours)

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CVCH Press Release: CVCH Encouraging Patients with the Foothills Hiking Challenge

With diabetes and obesity at epidemic proportions, CVCH medical providers have long been committed to prescribing physical activity for a healthy lifestyle to their patients. CVCH, a certified Primary Care Medical Home, has offered opportunities such as Diabetes support groups, the Make-A-DIF Challenge and various walking groups to its patients. This partnership with the Chelan-Douglas Land Trust is the first coordinated project at CVCH to involve physicians, staff and patients.

For more information about, or to sign up for, the CVCH guided Foothills Hiking Challenge, contact Marlen Mendez at 509.661.3623 or by email at mmendez@cvch.org. Information will also be updated on the [CVCH Facebook page](#).

About Columbia Valley Community Health

[Columbia Valley Community Health](#) is a Federally Qualified Health Center (FQHC) that offers medical, dental, behavioral health, pharmacy, WIC and outreach services to residents of Chelan and Douglas Counties. Our mission is to provide access to improved health and wellness with compassion and respect for all. Established in 1972, CVCH is now an industry leader – the first in the Pacific Northwest to achieve the Joint Commission’s Primary Care Medical Home certification. CVCH serves well over 25,000 patients a year between all of our departments and locations in Wenatchee, East Wenatchee and Chelan.

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