

FOR IMMEDIATE RELEASE
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Walktober Website Makes It Easy for Community to Get Moving and Stay Healthy

Columbia, MD – Howard County is participating in the Maryland Walktober celebration by encouraging Howard County to “Walk, Roll, Ride and Move!” The [Howard County Local Health Improvement Coalition \(LHIC\)](#), part of the Howard County Health Department, led a collaborative initiative to bring together partners to create a calendar of more than 30 accessible walking/moving events to be held across the County during October. The Howard County Walktober website can be found by visiting howardcountymd.gov/walktober. A Walktober promotional video can be found [here](#).

“The inclusive list of Walktober activities compiled by our team and County partners makes it easy for community members of any skill level to get up and get moving this Fall,” said Dr. Maura Rossman, Howard County Health Officer and LHIC co-chair. “Walking is a simple and enjoyable way to promote a healthy, active lifestyle. We are fortunate to live in a County that provides a wide range of accessible parks and paths for everyone to engage in a variety of physical activities.”

“The Walktober campaign aligns seamlessly with the overarching goals of our LHIC and our Board of Health,” said Anthony C. Wisniewski, Chair of the Board of Health. “Together, we stand dedicated to fostering a healthier community, promoting well-being, and driving positive change. Walktober underscores our commitment to a healthier, happier future for all residents.”

Community members can participate in Walktober and keep moving year-round using the one-mile maps developed by the Health Department and Howard County Department of Recreation & Parks. Walking/moving maps are available for 11 Recreation & Parks facilities across the County on the [Howard County LHIC website](#). [Maps of Columbia Association Pathways](#) are also available.

The LHIC would like to thank the following County and community partners for their collaboration on this monthlong celebration: Howard County Department of Recreation & Parks, Howard County Department of Community Resources & Services Office on Aging & Independence, Howard County Office of Transportation, Columbia Association, Maryland Department of Transportation, Howard County Library System, Neighbor Ride, The Village in Howard, and other partners who have contributed events and helped spread the word. Organizations interested in hosting a walking event or supporting an ongoing event can complete the [2023 Walktober Interest Form](#).



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Walktober is observed statewide, and a complete list of activities planned during October can be found on the [Maryland Department of Transportation website](#).