

PRESS RELEASE:

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On-Call Media Cell: (828) 674-5406

Hike to Health at Chimney Rock State Park registration to close soon

(Hendersonville, N.C.) The fourth Hike to Health, hosted by Pardee, will be held on Saturday, Sept. 24, at 10 a.m. at Chimney Rock State Park, located in Chimney Rock, North Carolina. Pardee encourages those who would like to participate to register soon as registration will close Monday, Sept. 19.

Hike to Health focuses on community wellness by bringing people together from Henderson County and surrounding communities to promote healthy and active lifestyles.

Hikers can choose from three hikes to accommodate all skill levels ranging from .6 mile to 2.2 mile trails. Registered hikers will receive a long-sleeve Hike to Health t-shirt, admission to Chimney Rock State Park for the day, 20% off at the Old Rock Café and will be eligible for other prizes the day of the hike.

Registration is \$15 for adult hikers, \$5 for ages 6 – 15 years, and children under the age of six are free but must be registered to receive a long-sleeve Hike to Health t-shirt. To register for Hike to Health, call 1-866-790-WELL (9355).

[Pardee Hospital](http://www.pardeehospital.org) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in





Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791

www.pardeehospital.org

[Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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