

**PRESS RELEASE:**

Oct. 18, 2010

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**Pardee physical therapist volunteers as running coach**

(Hendersonville, N.C.) Kym Schifino, PT, at the Pardee [Rehab and Wellness Center](#) recently began volunteering her time as an assistant coach for the Hendersonville Girls on the Run running group. Girls on the Run is offered to girls in third through fifth grade throughout Western N.C.

Schifino is making her coaching debut working with girls from Hendersonville Elementary School, two times per week. The running organization is a 12-week, 24-lesson program combining training for a 5K (3.1 miles) running event with self-esteem enhancing and uplifting team exercise activities. The mission of Girls on the Run is to educate and prepare girls for a lifetime of self-respect and healthy living.

“The mission of the program really resonated with me when I first heard about it; a passion for running and fitness (encouraged by my dad) kept me focused and out of trouble growing up,” said Schifino. “Running continues to be an outlet for stress relief and a fun way to maintain a healthy lifestyle. I’m excited to help young girls discover that for themselves.”





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

[www.pardeehospital.org](http://www.pardeehospital.org)

For more information about Girls on the Run, visit [www.gotrwnc.org](http://www.gotrwnc.org) or call (828) 713-4290.

[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 [Henderson County](http://www.pardeehospital.org). 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 physician 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](http://www.pardeehospital.org).

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