Walk a Hound, Lose a Pound Program

COLUMBIA, MO - Help a shelter dog get some much needed exercise and fresh air while walking for better health. For the fourth year, Columbia Parks and Recreation is teaming up with the University of Missouri-Columbia Research Center for Human-Animal Interaction with the MU College of Veterinary Medicine, and the Central Missouri Humane Society to offer Walk a Hound, Lose a Pound.

Participants will walk friendly, adoptable dogs from the Humane Society on the Bear Creek Trail, meeting first at the Humane Society office at 616 Big Bear Blvd. There will be three sessions of Saturday walks:

- Session 1: April 3-24
- Session 2: May 1-22
- Session 3: June 5-26

There will be three time slots available at 8, 9 and 10 a.m.; choose one or all three. Those who participate in the program will receive a program t-shirt and be given the option to participate in a study of the benefits of dog walking. Leashes and dog treats provided...just bring your walking shoes! Participants 17 and under must be accompanied by an adult.

The cost is $10 per session per participant, and $5 for guests. To register, call Parks and Recreation at 874-7460 or go online at www.GoColumbiaMo.com.