Walk a Hound, Lose a Pound Program

Are you looking to make a new friend or two? Help a shelter dog get some much needed exercise and fresh air while walking for better health. 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, the Missouri Department of Health and Senior Services, and the Central Missouri Humane Society to offer a program called Walk a Hound, Lose a Pound.

The exercise walks will take place on the Bear Creek Trail, with participants meeting first at the Humane Society office at 616 Big Bear Blvd. There will be four sessions of Saturday walks during the spring and summer as follows:

- Session 1: April 4-25
- Session 2: May 2-23
- Session 3: May 30-June 20
- Session 4: June 27- July 25

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.