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For immediate release

County Executive Abele, Aurora Health Care to Open Health Trail with Ribbon-Cutting Ceremony, Aug. 23

Milwaukee, WI (Aug. 17, 2016) – County Executive Chris Abele and Aurora St. Luke’s South Shore president,Carolynn Glocka, will open a new health trail at a ribbon-cutting ceremony, Tuesday, Aug. 23, at 11 a.m. in Warnimont Park. The trail connects the area near the intersection of East Ramsey Avenue and South Lake Drive eastward to the Oak Leaf Trail. The ceremony will take place at the trail’s east end.

Made possible through the partnership of Milwaukee County Parks and Aurora St. Luke’s South Shore, the trail is designed to inspire people of all ages to move toward better fitness.

“Through our partnership, we can make our community healthier and stronger” Abele said. “With fresh-air fitness, our residents discover the benefits of exercise *as well as* the added benefits of connecting with nature in our Parks—all to lead fuller, richer lives.”

“Aurora St. Luke’s South Shore has been committed to improving the health and wellness in this community for decades, and we are proud to be part of this wellness initiative that was funded completely through philanthropic donations,” Glocka said. “We feel so grateful to Milwaukee County Parks to have this beautiful green space directly across from our hospital, which will benefit our patients and caregivers.”

Along the trail are an elliptical station, upper-body stretch station, balance steps, and plyometric steps, dedicated by Aurora St. Luke’s South Shore. Signage along the trail provides information on proper exercise techniques, correct body position, and muscle groups targeted. Signage also provides links to instructional videos that can be viewed on a smart phone.

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Following the ribbon-cutting ceremony. Physical therapists from Aurora St. Luke's South Shore will give demonstrations on equipment use.

Aurora St. Luke's South Shore offers state-of-the-art resources, including 24-hour emergency care, orthopedic surgery and care, inpatient and outpatient physical, occupational and speech therapy, and inpatient and outpatient behavioral health all supported by a team of specialists, focusing on the personal care and attention associated with a community hospital. It is located across the street from the health trail.

For more information on fitness equipment in the Parks, visit countyparks.com and search "exercise stations." For more information about Aurora Health Care, visit Aurora.org.

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About Aurora Health Care

[Aurora Health Care](#) is a not-for-profit Wisconsin-area health care provider and a national leader in efforts to improve health care quality. Aurora offers services at sites in more than 90 communities throughout eastern Wisconsin and northern Illinois. Aurora is Wisconsin's most comprehensive health care provider and the state's largest private employer. Aurora serves more than 1.2 million patients every year via a comprehensive network of facilities, services and providers, including 15 hospitals, 159 clinics, 70 pharmacies and 32,000 amazing Caregivers. As evidenced by more than 400 active [clinical trials](#), Aurora is dedicated to delivering innovations to provide the best possible care today, and to define the best care for tomorrow. Helpful health and wellness information is available at the [Aurora MyHealth blog](#), the Aurora [Facebook](#) page, [Twitter](#) account, and [Pinterest](#) account.