



CITY OF BALDWIN PARK

Press Release

For Immediate Release

June 13, 2024

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Baldwin Park to Host Annual Hub City Wellness & Nature Walk

BALDWIN PARK, CA – The City of Baldwin Park invites its residents to enjoy an active morning in nature together at the annual Hub City Wellness & Nature Walk on Friday, June 21. The City has partnered with Kaiser Permanente, the Baldwin Park Unified School District, Breathe Southern California and the San Gabriel Valley Conservation Corps to host this free event that brings the community together and encourages healthy habits.

The one-mile roundtrip walk will begin at 8 a.m. at the Kaiser Permanente Baldwin Park Medical Center (1011 Baldwin Park Blvd) and end at Walnut Creek Nature Park (701 Frazier St.). A free community tree-planting event will follow in Walnut Creek Nature Park.

“Baldwin Park has many beautiful and accessible spaces for our community to enjoy nature, like Walnut Creek Nature Park. This event is a wonderful opportunity for us as a city to encourage all our residents to focus on their health and connection to others,” said Baldwin Park Mayor Emmanuel J. Estrada. “As we have seen with our past wellness events, Baldwin Park is stronger when we intentionally gather to prioritize our well-being.”

All are welcome to join the walk and participate in the tree-planting event afterward. Residents and volunteers will plant trees in the Walnut Creek neighborhood surrounding the walk destination from 9:30 a.m. to noon. Participants are encouraged to wear a hat and closed-toed shoes and bring water and sunscreen. After the walk, special treats and water will be provided at Walnut Creek Nature Park.

“We are delighted to partner with the City of Baldwin Park to put on this free wellness event,” added Eugene Cho, Senior Vice President and Area Manager at Kaiser Permanente Baldwin Park Medical Center. “The central goal behind the Hub City Wellness & Nature Walk is to promote daily physical activity through getting residents walking. Many studies have proven that daily exercise boosts mood, elevates energy levels, improves heart health and enhances cognitive function. Additionally, exercising in groups opens the door for accountability partners, which can lead to a greater commitment to make the healthy habits stick.”

“It’s never too early to create healthy habits of wellness and community with your children,” noted Baldwin Park Unified School District Superintendent Dr. Froilan N. Mendoza. “Modeling daily exercise, attending community events and appreciating nature will positively impact your children and other youth at the event. The Baldwin Park Unified School District is proud to partner with Baldwin Park to instill daily habits that promote well-being and physical exercise for the youth and their families.”

Walnut Creek Nature Park is filled with lush greenery, winding trails to walk, run or bike and fitness zones, making it the perfect space to gather with the community. Join us in a celebration of nature and wellness as we beautify the surrounding area and improve local air quality by planting trees.

Registration will be open through the day of the event, and all participants will receive a free t-shirt while supplies last. Parking will be available at Kaiser Permanente Baldwin Park Medical Center in the Staff Parking Structure at Bess Avenue and Leorita Street, on the top level.

For more information or to register for the Hub City Wellness and Nature Walk, please call Krystal Roman at (626) 960-4011, ext. 128, or email Kroman@baldwinpark.com. To sign up as a volunteer for the Wellness and Nature Walk, visit <https://shorturl.at/roECv>. To sign up as a volunteer for the tree planting event, visit <https://tinyurl.com/49vwmvwm>.

About the City of Baldwin Park

Baldwin Park is a nearly seven-square-mile, suburban community of 72,000 residents in the heart of the San Gabriel Valley. As the hub of the San Gabriel Valley, Baldwin Park is known for its ease of access and mobility, young and diverse residents, and vibrant, growing business community. For more information, visit baldwinpark.com or follow Baldwin Park on Facebook (@BaldwinParkCAGov), Instagram (BaldwinPark_CAGov), and Twitter (BaldwinParkCA_)

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