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FOR INSERTION IN "TO YOUR HEALTH" SUPPLEMENT:

**"...take the road to better health!"
Ammonoosuc Amble Engages Families in Healthy Activities**

Littleton, NH – The running of the Ammonoosuc Amble is a sure sign that spring is on the way. The Ammonoosuc Amble, a 5-mile walk/run is being held on Saturday, April 10th at Profile School in Bethlehem. It is USA Track and Field sanctioned event and well known in the area for being fun and family-friendly.

The Amble is presented by Ammonoosuc Community Health Services, Inc. (ACHS) and this year is the 17th year that the community has participated. It is sponsored by a long list of local businesses. The Amble gives ACHS the opportunity to engage families in healthy activities and lifestyles. Last year's event had over 300 participants and debuted the 1st ever Kids Fun Run with over 50 kids.

This year's event promises to reach even more of those in the 26 communities that ACHS serves and beyond. The kid's race is open to all - it is free for kids ages 5-13 who register. Local businesses generously donate raffle prizes and food for the post-race events provided for the participants. There are also awards given, and free t-shirts for all participants.

Registration on the day of the race costs \$25 and starts at 9am, walkers start the course at 10:30am, Kids Run at 10:45, runners at 11:00am. Participants can register in advance for \$15 at www.ammonoosucamble.org or can pick-up a registration form available at all five ACHS sites: Littleton, Whitefield, Franconia, Woodsville and Warren. There are water stations on the course, changing and restroom facilities on site, and child care available for free for race participants.

Ammonoosuc Community Health Services, Inc. is proud to have Anthem Blue Cross and Blue Shield as a Major sponsor of the Amble again this year and welcomes Fairpoint Communications as the Major Sponsor of the 2nd Annual Kids Fun Run. Proceeds from the event further the organization's mission to provide quality, affordable healthcare for all regardless of one's ability to pay. All sponsors, volunteers, participants and spectators are making a great investment into the health of our community.

ACHS is one of the largest primary healthcare networks in northern New Hampshire (and Vermont), nearly 10,000 patients choose ACHS as their Medical Home. ACHS is a highly respected non-profit Federally Qualified Health Center (FQHC) that has been providing patient-centered affordable, quality healthcare for 35 years.

Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health.

ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Clinical teams, made up of doctors, nurse practitioners or physician assistants supported by nurses and medical assistants, provide comprehensive services on a sliding fee scale.

For more information about ACHS, visit www.ammonoosuc.org or call 444-2464. ACHS is accepting new patients, call the New Patient hotline at 1-866-201-5076.