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## NEWS RELEASE

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### FREE WALKING PROGRAM ENCOURAGES PHYSICAL ACTIVITY AND SPIRITUAL WELL-BEING

#### *Wesley Nurse to Offer 15-Week Walking Program in Blanco*

Blanco, Texas — Methodist Healthcare Ministries of South Texas, Inc. (MHM) recently welcomed Blanco among the communities in South Texas where it offers its signature outreach program – the Wesley Nurse Health Ministries™ (WNHM). WNHM is a holistic health and wellness program committed to serving the least served through education, health promotion and collaboration with the individual and community in achieving improved wellness through self-empowerment. It is currently MHM's largest outreach program with 80 authorized church sites throughout South Texas.

Kimberley Timpanelli, RN began her tenure as Wesley Nurse at the Blanco United Methodist Church in April, however she is a seasoned health care professional. Timpanelli obtained a Bachelor of Science degree in Nursing from the Florida Hospital College of Health Sciences, worked as an Oncology professional for over seven years and has nearly 18 years of experience in the nursing field.

As a new Wesley Nurse site, Timpanelli conducted a *Health Needs Assessment* of Blanco as a means to design programming and services to fulfill the expressed needs of the community. Concluding this study, Timpanelli found Blanco residents expressed a strong interest in a physical activity program, along with opportunities for spiritual growth.

As a result, Timpanelli introduced a 15-week walking program designed to encourage physical activity and spiritual reflection. The 'Walk to Bethlehem' program, adapted from the Episcopal Health Ministries model, also provides participants with a dedicated time to obtain health education and information. "The idea is to complete the total 7,208 miles from Blanco to Bethlehem in time for Christmas. That's an average of 480 miles per week. My hope is to involve the entire Blanco community," explains Timpanelli.

A different theme, suggested scripture for reflection, and a health related focus is identified for each week of the program. Additionally, each participant will receive a packet containing the weekly focus, mileage tracking cards, along with additional resources to assist them along their trek. Participants may choose to walk 30-45 minutes with the group that meet Monday through Friday at the Blanco United Methodist Church, or may walk independently. Community miles are tracked on a world map from Blanco, Texas to Bethlehem, Israel - a total of 7,208 miles. The Walk to Bethlehem program began on September, 9, 2012 and will continue into Christmas week.

Ms. Timpanelli's office is located at the Blanco United Methodist Church (61 Pecan Street). For additional information about the Walk to Bethlehem program, contact Kimberley Timpanelli at (830) 330-4115 or ktimpanelli@mhm.org.



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