



# St. Paul Public Housing Agency

PHA News



Volume 6, June 12, 2014

## The Proud Hamline Walkers

“The Proud Hamline Walkers” is a walking program that was initiated by residents at the PHA’s Hamline Hi-Rise in 2013. It started with just residents from the hi-rise and then they were joined by their neighbors in the community. The “walkers” meet in the hi-rise lobby at 8 AM on Mondays through Saturdays and walk for 30 minutes or more. No sign up is required and residents can participate at any time. This group walks inside Hamline during the winter time and outside in the neighborhood when the weather is warmer.

The “walkers” participated in the March of Dimes event at Como Lake on April 26, 2014.



(Photos by Laurie Wachter)

This program is sponsored by Saint Paul Public Housing Agency and Saint Paul-Ramsey County Public Health with funding through the Statewide Health Improvement Program (SHIP) grant.