

[Insert date]

CONTACT: [Contact Name]

[Phone]

[E-mail]

**MEDIA ADVISORY:
[Insert Organization] Promotes the WOMAN Activity Tracker
with [Insert name of event and/or type of event i.e. "Great Beginnings" Health
Fair]**

[CITY, STATE] – [Insert organization] will hold a [insert event or activity i.e. a health fair, free screenings, etc] for women in the [insert city or town] community. The event is promoting the WOMAN Activity Tracker, a program coordinated by the Office on Women’s Health, U.S. Department of Health and Human Services.

The WOMAN Activity Tracker is a free 44-week physical activity challenge, encouraging women and girls to set and achieve personal physical activity goals, appropriate for their lifestyles. The WOMAN Activity Tracker begins on July 6 and ends on May 9, 2009.

WHAT: [Insert details about your event, including title, and 2-3 sentences on the type of event and what you will be offering]

WHEN: [Insert details about day and time]

WHERE: [Insert details about where the event will be held; consider including directions and/or parking information, but keep it to 1-2 lines]

WHO: [Insert details about your organization any important people who may be presenting or speaking]

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