

IOWA DEPARTMENT OF CULTURAL AFFAIRS

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Department of Cultural Affairs and Healthiest State Initiative invite Iowans to a 1K historical walking tour of Iowa State Fairgrounds on Thursday, August 13

DES MOINES – A healthy serving of history will be on the menu next week when the Iowa Department of Cultural Affairs and the Healthiest State Initiative team up to offer a walking tour of historic sites at the Iowa State Fairgrounds.

Iowans are invited to join leaders of the Healthiest State Initiative, Lt. Governor Kim Reynolds and other state officials at 8 a.m. Thursday, Aug. 13, 2015, for a 1K historical walking tour of the Iowa State Fairgrounds, beginning near the Department of Natural Resources Pavilion on the Grand Concourse, just east of Gate 11 near E. 30th Street and Grand Avenue. The tour is open to the public, free for fairgoers and will be led by staff from the State Historical Society of Iowa, a division of the Iowa Department of Cultural Affairs. This year's Iowa State Fair is Aug. 13-23.

"The walking tour is a great way for Iowans to be physically active while learning about a significant part of Iowa history," said Mary Cownie, director of the Iowa Department of Cultural Affairs and co-chair of the Healthiest State Initiative's Lifelong Learning Work Group. "This is a terrific learning opportunity that also improves mental and emotional well-being in addition to physical fitness. This combination leads to a happier, healthier life and a more culturally vibrant Iowa. I encourage all Iowans to join for this year's historical walking tour."

"This walking tour is another great event endorsed by the Healthiest State Initiative," said Terry Rich, chair of the Healthiest State Walk committee and CEO of the Iowa Lottery. "We are happy to spread the word about events like this and invite all participants to join in the annual Healthiest State Walk, 'Walk at the Whistle' on October 7."

Participants for Thursday's historical walking tour are encouraged to assemble near the Department of Natural Resources Pavilion on the Grand Concourse for a brief welcome at 8 a.m. The tour will be 8:15-8:45 a.m. and finish near the brand new MidAmerican Energy Stage in time for the 2015 State Fair opening ceremonies. Participants will receive a "History on a Stick" fan filled with facts about the historic sites to be discussed on the tour.

Discount Iowa State Fair tickets are available through Wednesday, Aug. 12, 2015. Save nearly 30 percent by purchasing your tickets in advance. Tickets can be purchased online or at participating Iowa Hy-Vee, Hy-Vee Drugstores and Fareway Stores.

The Healthiest State Initiative is a privately led public initiative intended to inspire Iowans and their communities throughout the state to improve their health and happiness. To achieve its goal, individuals, families, businesses, faith-based organizations, not-for-profits and the public sector will unite in a community-focused effort to make Iowa the healthiest state in the nation for physical, emotional and mental well-being. More information is available at www.iowahealthieststate.com.

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The Iowa Department of Cultural Affairs and its three divisions – the Iowa Arts Council, Produce Iowa-State Office of Media Production and the State Historical Society of Iowa – empower Iowa to build and sustain culturally vibrant communities by connecting Iowans to the people, places and points of pride that define our state. The department's work enables Iowa to be recognized as a state that fosters creativity and serves as a catalyst for innovation where the stories of Iowa are preserved and communicated to connect past, present and future generations. www.culturalaffairs.org