

FOR IMMEDIATE RELEASE

Dr. Jennifer Howard Is Walking with Walgreens

NEW YORK – Media savvy psychotherapist Dr. Jennifer Howard joined television journalist Joan Lunden, Alison Sweeney, host of “The Biggest Loser,” Peter Jenkins, author of *A Walk Across America*, among hundreds others, in Times Square recently to help launch the Walk with Walgreens national health initiative. The initiative was to inspire others to keep moving in order to take those steps that lead to a healthier life.

From Walgreens press release:

Walk with Walgreens (www.walgreens.com/walk) is an online community and digital platform that enables members to log the steps they take and get rewards, in the form of weekly coupons, redeemable at Walgreens stores nationwide. Participants can also learn about the health benefits of walking, set walking goals, find local community walks and share content and information with family and friends through the site.

“Walk with Walgreens inspires people to take the small steps that lead to a well-life, making walking even more rewarding,” said Kim Feil, Walgreens chief marketing officer. “We’re creating a simple, national walking movement – walk, log, get rewards. It’s another way we’re educating and engaging our customers to help them stay well and live well.”

Dr. Jennifer Howard was pleased to be a part of this Walk with Walgreens and hopes that it encourages others to get out and walk. Dr. Howard says, “It’s not only great for one’s physical health, but for their mental health, as well.”

About Dr. Jennifer Howard

Dr. Jennifer Howard teaches the art of Conscious Living. She is equally at home sharing ancient spiritual wisdom, the latest scientific understanding, and proven and practical life changing techniques culled from over 20 years as an internationally acclaimed coach, licensed psychotherapist, teacher, and energy healer. As a professional speaker and author, Dr. Jennifer's energetic style, along with her sense of humor, helps her audiences--beginner and advanced alike--assimilate what is being taught, even when the material appears to be complex. She has offices in New York, leads a variety of teleseminars and is a leading thought leader on spirituality and psychology. Having appeared as an expert on numerous national network television shows, she is also the host of the popular radio show, "A Conscious Life." Dr. Jennifer Howard was named one of the TOP 25 Celebrity Doctors on Twitter, one of the Top 100 Health Web sites and has been dubbed "The Funniest Shrink on Twitter." Dr. Howard was also invited to blog for The Huffington Post. Info@drjenniferhoward.com