

# Wellness walk in Niagara Falls will focus on community connection, health

'Walk With Us' event on April 24



The Niagara Falls National Heritage Area and Create a Healthier Niagara Falls Collaborative are partnering together once again to host "Walk With Us," a 5K wellness walk, from 2-4 p.m. Sunday, April 24, beginning at the Niagara Falls Underground Railroad Heritage Center at 825 Depot Ave. West.

Organizers said, "The walk offers an opportunity for members of the community to participate in a physical activity that also improves mental health while engaging in social connection."

Those interested in participating in the walk can find more information and register here.

The walk has two routes, the first of which is 1.5 miles and follows the Niagara Gorge Trail toward Whirlpool State Park, where there are restrooms. The second route is about 3 miles total, and goes to Devil's Hole and back to the Heritage Center.

"Walk With Us" was created in 2021. It was designed as a way "to combat the isolation and sedentary lifestyle many people had experienced due to the pandemic."

The event had a turnout of a few hundred participants of all ages and abilities, as it is accessible for everyone in the community.

Brian Archie, co-chair for the Create a Healthier Niagara Falls Collaborative, is again looking forward to the walk, and hopes it will continue each year.

"Walking is an accessible, mindful exercise that can help us work through negative emotions," Archie said. "Exercise, getting outside, and safely being around others are all important ways that we can help prevent current or future mental health crises."

For any service providers who would like to have a table set up at the event, fill out information here. To make a donation to the collaborative, click here.

The Niagara Falls National Heritage Area is one of 55 National Heritage Areas in the U.S. Designated by Congress in 2008, its mission is to preserve, protect and promote the historic, natural and cultural resources of the area stretching from Niagara Falls to Old Fort Niagara in Youngstown.

Through partnerships and initiatives, the National Heritage Area supports small grants to community partners; develops significant projects, including the Niagara Falls Underground Railroad Heritage Center, Discover Niagara Shuttle and #NFMurals; and is a leading advocate for enhancing appreciation of the significant historic, cultural and natural resources within the National Heritage Area. Learn more at [discoverniagara.org](http://discoverniagara.org).

The Create a Healthier Niagara Falls Collaborative is a 501(c)(3) that gives opportunities to residents of Niagara Falls to become change agents with a focus on social connection, healthy eating and physical activity. The collaborative is engaged in the community, provides tools and support to residents, and partners with local businesses, nonprofit organizations, and faith communities to positively impact the health and wellbeing of Niagara Falls residents. Learn more at [healthierniagarafalls.org](http://healthierniagarafalls.org).

## LEWISTON POLICE BLOTTER

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**of Saunders Settlement Road and the 4700 block of Model City Road, vehicle/traffic stops** – Calls officer initiated. One driver cited for speed in zone and second driver for unlicensed operator. Uniform traffic tickets issued for Lewiston Town Court.

### Saturday, April 2

**•5900 block of Garlow Road, suspicious activity** – Caller to 911 reported an older vehicle, listed as a tan sedan with a loud muffler had driven by the residence three times. Patrol checked area with negative results.

**•Lewiston Road/Irving Drive, traffic complaint** – Caller to 911 reported a coyote was struck by a vehicle and still alive in the roadway, creating a potential traffic hazard. Caller assisted patrol in moving the animal to the side of the road and covered it with a blanket. Caller declined return of the blanket.

**•2200 block of Saunders Settlement Road, assist public** – Per Dispatch activity, caller reported unruly fans at a lacrosse game. Patrol found all OK. Call cleared.

**•700 block of Cayuga Street, accident, hit-run** – Officer initiated call. Exchange form issued

and accident report completed by patrol. No further information provided.

**•Location not listed, weapons violation** – Patrol responded; no further information. Report taken.

**•Varsity Drive, NU campus, theft** – Campus Safety reported a theft of cash complaint; \$400 taken from a female's purse, unknown time and location. Patrol interviewed subjects in a NU dorm, with negative results. Patrol cleared.

**•1500 block of Swann Road, assist public** – Caller reported a landlord-tenant issue; no further information given.

**•1500 block of Swann Road, burglary** – Patrols on location for a 911 call.

**•Lewiston/Creek roads, vehicle/traffic stop** – Call officer initiated. Driver cited for speed in zone. Uniform traffic tickets issued for Lewiston Town Court.

### Sunday, April 3

**•2900 block of Upper Mountain Road, disturbance non-domestic** – Patrols on scene; no further information.

**•1100 block of Saunders Settlement Road, suspicious activity** – Caller reported a female possibly calling for help in the

area. No further information given.

**•900 block of Center Street, MVA-injuries** – Caller reported a vehicle stuck a green pole by the customer pickup area in a supermarket parking lot. Male reported not well; EMS assistance denied.

**•400 block of Roosevelt Avenue, fire** – Caller reported a brush fire, possibly out of control. Responding patrol found a controlled burn in a fire pit in front of the residence.

**•500 block of Mountain View Drive, suspicious activity** – Caller reported observing a male and female in the backyard. When confronted the couple said they thought the house was for sale; both subjects entered through a locked gate to access the caller's backyard. Subjects left in a black truck 30 minutes prior to the call.

**•1-190/Witmer Road, vehicle/traffic stop** – Call officer initiated. Driver taken into custody for aggravated unlicensed operation. Appearance ticket issued for Lewiston Town Court. Report taken.

**•5300 block of Military Road, Mount St. Mary's Hospital, domestic disturbance** – Patrols on location for a phone complaint; no further information. Report taken.

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April Is  awareness month

In order to highlight the growing need for concern and awareness about autism, the Autism Society has been celebrating National Autism Awareness Month since the 1970s. This month creates a special opportunity for people to educate themselves and others about autism and issues within the autism community, and also support the many children and adults who live with autism.

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