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For Immediate Release

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**Doctors Hospital at White Rock Lake
Presents One-Mile Fitness Trail at the Dallas Arboretum**

The Dallas Arboretum, one of the leading botanical gardens in the nation, at 8525 Garland Road, announced today that Doctors Hospital at White Rock Lake is the One-Mile Fitness Trail sponsor, courtesy of a generous donation of \$10,000. Visitors to the Arboretum can improve their health and keep those New Years resolutions to get healthy by walking the One-Mile Fitness Trail.

"We look for specific opportunities to sponsor programs, organizations and sites in Dallas that support our mission to be committed to the care and improvement of our community. The One-Mile Fitness Trail at the Arboretum fits our mission well and we are pleased to have been given the opportunity to join them," says Scott Manis, newly appointed CEO at Doctors Hospital.

The Doctors Hospital Fitness Trail features quarter-mile markers and takes walkers throughout the Arboretum's most beautiful landscapes – the vibrant Jonsson Color Garden, the lush Palmer Fern Dell, the Paseo de Flores, and around the historic Alexander Camp House. The Arboretum has enjoyed a long history of providing residents a remarkable place to exercise while being nurtured by nature. Since 2001 the Fitness Trail has attracted Dallas and Fort Worth residents for their daily walks. Pick up a map at the information desk and start out 2010 on the right foot.

The Dallas Arboretum and Botanical Garden is located on the southeastern shore of White Rock Lake at 8525 Garland Road in Dallas, Texas. The Arboretum is open daily from 9 am until 5 pm. Admission is \$10 for adults, \$9 for seniors 65 and older, \$7 for children 3-12 and admission is free for Arboretum members and children 2 and under. On-site parking is \$7. The Arboretum is wheelchair and stroller accessible and tram service is available for the mobility impaired. Facilities are available for group tours, business meetings, parties and luncheons. For more information, visit the Arboretum's website at www.dallasarboretum.org or call 214-515-6500.

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