



FOR IMMEDIATE RELEASE

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**PILGRIM MONUMENT and PROVINCETOWN MUSEUM
to HOST HEART HEALTHY CLIMB**

Provincetown, Mass. (February 6, 2009) – The Pilgrim Monument will shine red for the weekend of February 13 – 16, 2009 in partnership with the American Heart Association (AHA) annual *Go Red for Women* campaign. In an effort to raise awareness for women's risks of cardiovascular disease, the Pilgrim Monument and Provincetown Museum (PMPM) will join other landmarks across Cape Cod by glowing in red light and will also host a Heart Healthy Winter Climb up the 252 ft. monument.

On Saturday, February 14th, Dr. Judy Yorio, a physical fitness trainer from Willy's World Wellness and Conference Center has volunteered to lead the climb, and will also be on hand to discuss with guests and climbers the benefits of heart healthy walking. The Pilgrim Monument, which commemorates the *Mayflower* Pilgrims first landing in America, is 252 feet 7 1/2 inches high, with 60 ramps and 116 steps. This will be the second year that PMPM and Willy's have offered a Heart Healthy Climb up the Monument.

Don't miss this unique opportunity to see Provincetown's "best view and museum, too!" The Pilgrim Monument and Provincetown Museum will be open to the public during this special weekend, free of charge, February 14 -15, 2009 from 12 Noon until 4 P.M. For more information, please visit our website at www.pilgrim-monument.org or call 508-487-1310.

About the Pilgrim Monument and Provincetown Museum

Pilgrim Monument and Provincetown Museum is a non-profit educational, tax-exempt 501(3)(c) organization. Its mission is to commemorate the history of the Mayflower Pilgrims, culminating in their arrival and stay in Provincetown Harbor, and the signing of

the Mayflower Compact. In addition, the Pilgrim Monument and Provincetown Museum collects, preserves, interprets, researches, exhibits, and publishes archival historical materials and exhibit materials depicting important events of Provincetown history. For more information please visit www.pilgrim-monument.org.