



**FOR IMMEDIATE RELEASE:**      October 26, 2020

**MARKETING CONTACT:**      Keri Cunningham, Marketing Director  
[KeriCunningham@pyramidmg.com](mailto:KeriCunningham@pyramidmg.com)  
845-348-1005, ext. 110

### **WALK IT OUT AT PALISADES CENTER**

*-- Palisades Center promotes healthy lifestyles by offering Walking Program with BRIDGES --*

**West Nyack, NY (October 2020)** – For years, avid walkers have taken advantage of the perfect weather inside Palisades Center to strut their stuff. Palisades Center is proud to announce that BRIDGES, a local non-profit located within Palisades Center, who works to remove barriers, improve accessibility and enhance quality of life for people with disabilities, will be the official partner of the Walking Program.

"BRIDGES is pleased to partner with Palisades Center on their Walking Program," said **Carlos Martinez, CEO/Executive Director of BRIDGES**. "As a nonprofit organization that has been promoting health and autonomy for all people, especially those with disabilities, we encourage everyone to make exercising part of their daily routine. The Walking Program at Palisades Center is a great opportunity for people to do that, rain or shine."

In total, there are two miles of indoor walking space at Palisades Center, spanning four levels. A kick-off event will be hosted on October 27 at 8:30am on Level Three next to Nathan's Famous in the food court. A light breakfast will be provided by IHOP.

"Palisades Center's Walking Program allows individuals from Clarkstown and the surrounding communities to exercise for free in a safe and warm venue," said **Clarkstown Councilman Donald Franchino**. "This organized program will positively benefit everyone's emotional health and well-being during this challenging time."

"We are thrilled that BRIDGES is helping us promote healthy lifestyles," said **Darrin Houseman, General Manager of Palisades Center**. "Given the challenges that we have been facing through the current pandemic, it is more important now than ever to care for ourselves and find ways to stay healthy. As the

weather gets cooler, we want to offer our mall walkers and guests our vast space to walk within, encouraging the ability to maintain this healthy lifestyle all year long."

Mall Walkers may also visit [palisadescenter.com](http://palisadescenter.com) to sign up for updates and learn about new programs and specials at stores, restaurants and entertainment venues. Walking maps, and materials to help track mileage and better understand how to combine healthy living, eating and exercise, will be available in the upcoming weeks on [palisadescenter.com](http://palisadescenter.com).

Mall walking at Palisades Center is open to the public as early as 7:00 AM every day of the week and free of charge.

###

#### **About Palisades Center**

Palisades Center is a four-level shopping center offering 225 brands, 16 sit-down restaurants, a bowling alley, ice rink, the world's tallest indoor ropes course, comedy club, and more. With its unique and diverse merchant mix, Palisades Center is the go-to place for local shoppers and tourists alike. To learn more, visit [www.palisadescenter.com](http://www.palisadescenter.com), [www.facebook.com/palisadescenter](https://www.facebook.com/palisadescenter), [www.twitter.com/palisadescntr](https://www.twitter.com/palisadescntr), or [www.instagram.com/palisadescntr](https://www.instagram.com/palisadescntr).

#### **About Pyramid Management Group, LLC**

Pyramid Management Group is one of the largest, most innovative, privately-held real estate developers in the northeast. Headquartered in Syracuse, New York, Pyramid's portfolio of dynamic shopping, dining and entertainment destinations and expanding hospitality presence dominate the northeast with 14 properties located throughout New York and Massachusetts. For 50 years, Pyramid has built its reputation on being first, fast, ahead of the curve and always what's next, leading the industry in combining the best elements of traditional retail with world-class dining and entertainment, all under one roof. For more information, visit [www.pyramidmg.com](http://www.pyramidmg.com).