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NATUROPATHIC DOCTOR CONTINUES WALKS ACROSS USA FOR HEALTH EQUITY AND HEALTHY AMERICA

Milwaukee, WI - Dennis Godby, 68, ND, MA, a Sacramento, California Naturopathic Doctor (ND), continues his solo walk across America - *Walk USA for Health Equity (WUHE)* - walking 670 miles, on the third-fifth of the journey from Milwaukee, WI to Fargo, ND, August 19-September 19, 2024.

The first 2 legs of the walk across America, Myrtle Beach, SC to Knoxville, and Knoxville to Milwaukee, included 1,267 miles, seven states, and hundreds of extremely heartfelt conversations with everyday people about health equity. Dr. Godby walks on regular roads and highways and has met many people along the way in convenience stores, restaurants, hotels, bars, on the highway, and literally, wherever people are. To be friendly, and be seen on the highway, he wildly swings his arms and has waved to tens of thousands of oncoming motorists, who usually wave back.

www.WalkUSAForHealthEquity.org

The mission of WUHE is raising awareness of health equity and advocating for optimal health for ALL Americans.

Dr. Godby walks one-fifth of the country each year and is partnering with local and government health equity advocates, Naturopathic Doctors, and Rotary members in Wisconsin and Minnesota, to host community health forums on the day Dr. Godby passes through town. The public events may also include health fairs with blood pressure, glucose and other free health checks.

The 4th and 5th legs, Fargo, ND, to Seattle, WA, will be completed in 2025 and 2026. WUHE will continue as a health equity movement after the cross-country walk has been completed.

Dr. Godby walks an average of 23-24 miles per day, wears a backpack and stays with people along the route. His day begins about 6:30-8 am, and ends about 4-5 pm, depending on planned local events, media, and unforeseen factors.

As a 46-year veteran of long runs and walks of conscience for health and social justice since 1978, Dr. Godby, hopes to inspire a more health equitable and healthier nation. This is Dr. Godby's third crossing of the USA on foot; his first run across America is documented at www.USACrossers.com.

Dr. Godby's newly released book, *Health for All: A Journey Towards Health Equity*, chronicles his journeys on foot for social justice and health, and, most recently, his experiences from the first leg of the walk in 2022.

Dr. Godby recently received the 2023 "True Grit" award by the American Association of Naturopathic Physicians at the national convention in Phoenix.

