

**For Immediate Release**

**May 8, 2014**

**1600 1st Avenue South  
Birmingham, AL 35233**

**Best time for photos will be 10:00 a.m. - 11:30 a.m.**

**Media Contact: Christian Smith**

**205-607-9689**

**[csmith@ywcabham.org](mailto:csmith@ywcabham.org)**

**YWCA Central Alabama Hosts Inaugural Walk-A-Mile in Her Shoes® Event**

**BIRMINGHAM, AL., May 8, 2014** --- The YWCA Central Alabama's Junior Board and YWhisper Committee will host its inaugural event, Walk-A-Mile® on May 17, 2014, at 10:00 a.m. Walk-A-Mile® is designed to promote awareness of the domestic violence services offered to the YWCA Central Alabama's three county service area. The event will be a mile-long walk that will start and finish at Railroad Park, 1600 1st Avenue South, Birmingham, AL 35233.

It's especially important for men to become a part of the domestic violence conversation. While men aren't the only perpetrators of domestic abuse, they account for nearly 75 percent of domestic violence cases in the state. Boys who witness domestic violence are twice as likely to abuse their partners when they become adults.

The event is organized by YWhisper, the YWCA young professionals committee started by the Junior Board of Directors which promotes conversation about "uncomfortable topics" such as homelessness, domestic violence and racism. At the event, men will literally walk almost a mile in women's shoes to symbolically support the adversities faced by many women. Registration is available on the YWCA Central Alabama website: <https://ywca.instagift.com/walk-a-mile/>.

Registration is \$30.00 for each walker which includes red heels rental, t-shirt and concession ticket. After the walk there will be a free family-friendly block party which will include beer from [Good People Brewing Company](#) and food from [Jim 'N Nicks Bar-B-Q](#). There will be a bouncy house, kid friendly food and even a photo booth! Key sponsors for Walk-A-Mile® are [Verizon Wireless](#), [Cigna](#), [Regions Bank](#), [Resolute Running](#) and [Weld Birmingham](#).

In 2013, the YWCA served 221 adults and 251 children in two confidential shelters and provided court advocacy services for 3,952 victims of domestic violence—and that's just in our service area. Beyond that, nationally, 1 in 4 women will become victims of domestic violence and there are 145 domestic violence incidents every hour in the United States alone.

The objective of the YWCA's Junior Board and YWhisper Committee is to build awareness and support of the YW among young professions in the Birmingham community and to be good will ambassadors for the YWCA. The Junior Board is a diverse group of young women committed to supporting the YW.

**About the YWCA**

The YWCA Central Alabama is a United Way organization that is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all. For over 110 years, the YWCA Central Alabama has been responding to the needs of women, children and families. The YW's programs and services serve women, children and families by providing: affordable child care for families; child care and after-school enrichment programs for homeless children; affordable housing; a broad array of domestic violence services; and social justice programs. For more information, please visit [www.ywcabham.org](http://www.ywcabham.org), [www.facebook.com/YWCACentralAlabama](https://www.facebook.com/YWCACentralAlabama) and [www.youtube.com/ywcentralal](https://www.youtube.com/ywcentralal) or follow @YWCentralAL on Twitter.