Walk towards a healthier you!

The benefits to joining a walking program are:

✔ Burns calories
✔ Reduces stress
✔ Helps maintain or lose weight
✔ Improves productivity and energy level
✔ Conditions the heart
✔ Improves muscle tone
✔ Strengthens bones
✔ Improves sleep

Walking is easy to do, not costly and can be done anytime with any schedule... all you need is a good pair of sneakers!

Take the first step towards a healthier you.
Join the Walking Towards Wellness program today!

Start Date: _________________________________________________________

To register, contact: ___________________________________________________