

## WELLNESS WALK AND TALK



### JOIN US AT THE FARMINGTON HILLS NATURE CENTER

This **FREE** program helps you take steps for a healthier future. Learn about health and wellness topics from Beaumont health professionals, then get answers to your questions and enjoy casual conversation during a 20 – 30 minute walk on the beautiful Nature Center trails.

### *The Difference Between Normal Aging and Dementia*

*Diane Beri, MS, CDP, CADDCT*

*Administrator, Residential Services, Beaumont Commons Farmington Hills*

**Tuesday, September 15 • 6 p.m. to 7 p.m.**

The United States Surgeon General has recognized walking as one of the most important things Americans can do to support their own health. Wellness Walk and Talk provides a wonderful opportunity to walk in a safe and beautiful environment while gaining “healthy” information. Bottled water provided.

**Safety & social distancing measures in place.** Please wear a mask.



For more information, please call 248-477-1135.

The Nature Center is located in Heritage Park, on the west side of Farmington Rd., between 10 and 11 Mile Roads.