

WELLNESS WALK AND TALK IN FARMINGTON HILLS



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 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 walkers of all ages and abilities the opportunity to walk in a safe, beautiful and social environment, all while gaining useful health related information and enjoying a healthy snack.

NATURE CENTER AT HERITAGE PARK

located on the west side of Farmington Road,
between 10 and 11 Mile Roads

JOIN US FRIDAY

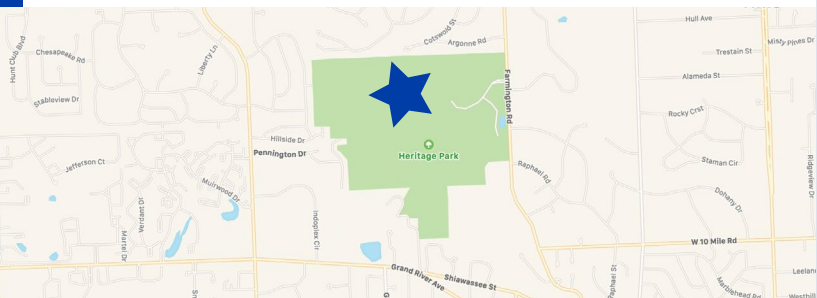
There will be a presentation
at noon followed by a walk.

June 17

July 15

August 26

Presentations by a Beaumont
health professional.



For more information and
walking opportunities near you,
call **248-477-1135** or visit
beaumont.org/getswalking