

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.

Healthy Eating As We Age

Learn about the importance of certain nutrients as we get older

Erin Wright, MS, RD

Clinical Dietitian Specialist, Beaumont Health

Tuesday, October 13 • 6 p.m. to 7 p.m.

The United States Surgeon General recognizes 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.