

Wellness Walk and Talk @the Library

Fridays at 10:00 AM

June 28 | July 26 | August 23

Take steps to a healthier future! Learn about health and wellness topics of interest from Beaumont health professionals, then get answers to your questions and enjoy casual conversation during a 20-30 minute walk with the speaker. The United States Surgeon General has recognized walking as one of the most important things Americans can do to support their own health. This program provides walkers of all ages and abilities the opportunity to walk in a safe and social environment while gaining useful health related information. Light refreshments provided. **FREE!** Pre-registration appreciated. Call Library Adult Services at 734-326-6123 for speaker/topic information or to let us know you'll be attending. The Westland Public Library is located at 6123 Central City Parkway, between Ford and Warren Roads.



Beaumont

