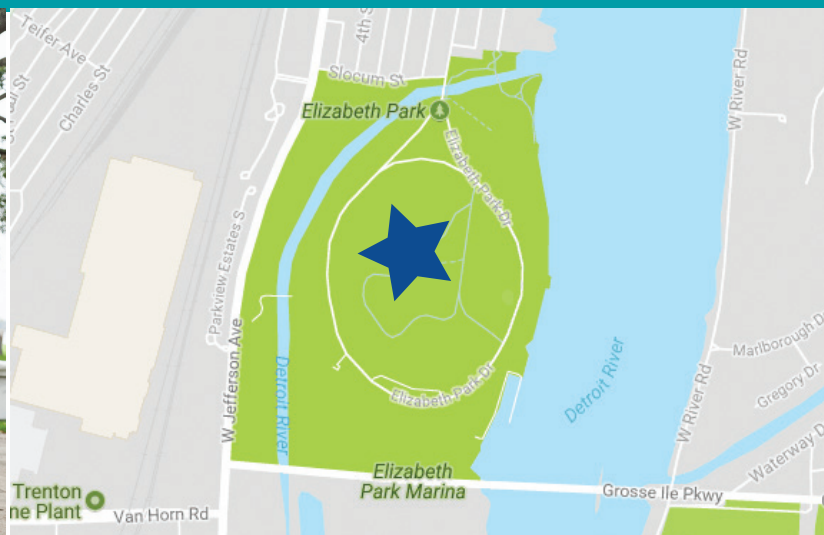


WALKING IS GOOD MEDICINE



Walking for as little as 30 minutes a day can benefit your joints, alleviate back problems, lessen worry and tension, and add years to your life.*

Healthy Trenton, in conjunction with the City of Trenton, Walk Michigan and Beaumont wants to help you make walking a part of your fitness routine. Lace up your walking shoes and head over to Elizabeth Park to enjoy the scenery with other walkers.

You will receive a pedometer, lanyard and walking log, along with tips and tools for helping you reach your goals. Track your walks on the walking log for a chance to win prizes.

Just drop in, sign in and get your steps in.

*American Council on Exercise

**TUESDAY, WEDNESDAY
AND THURSDAY EVENINGS**

(weather permitting)
5:30-6:30 P.M.

ELIZABETH PARK, TRENTON
MAY 22 THROUGH SEPT. 27

**Meet at the Tourist Lodge
on West Jefferson Avenue**

No need to register for
this free program.



FOR MORE INFORMATION
CALL CITY OF TRENTON
PARKS & RECREATION
AT **734-675-7300**.

