

WELLNESS WALK AND TALK IN AUBURN 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 Community Center neighborhoods.

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.

JOIN US THURSDAY

- **May 23**
8:30 a.m.
- **June 27**
8:30 a.m.
- **July 25**
8:30 a.m.
- **August 22**
8:30 a.m.

CITY OF AUBURN HILLS SENIOR SERVICES

1827 N. Squirrel Road
Auburn Hills, MI 48326



FOR MORE INFORMATION AND WALKING OPPORTUNITIES NEAR YOU, **CALL 947-522-1131** OR VISIT beaumont.org/getswalking

