

WELLNESS WALK AND TALK IN ROYAL OAK



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

- **April 11**
11a.m. to noon
- **May 9**
5:30-6:30 p.m.
- **June 13**
11a.m. to noon
- **July 11**
5:30-6:30 p.m.
- **Aug. 8**
11a.m. to noon

**LEO MAHANY/HAROLD
MEINENGER SENIOR COMMUNITY**
3500 Marais Ave.
Royal Oak, MI 48073

FOR MORE INFORMATION AND WALKING OPPORTUNITIES NEAR YOU, **CALL 947-522-1133** OR VISIT beaumont.org/getswalking

