



## *Free Walking Program*

### *Walking for Wellness: 50 & up Step It up*

*Get in Shape*

*Feel Great*

*Lose Weight!*

*A Walking and Drug Education Program for Adults 50 and Older*

**Date:** May 25, 2021 / **Time:** 10:00 am

**Location:** Patriot Lake

This walking program is designed to get the community together to walk. Walking with a partner or group will serve to motivate you to stick to your walking program. This program also includes short educational lessons about drug issues that affect older adults such as:

- Safe Management of Medications
- Alcohol and Aging
- Pain Management and Safety
- Tobacco and the Older Adult

The program is free!!! Just need to show up at the time and date above.