



Walking The Path To Good Health

Free 6-Week Walking Program

Presented by

The City of Memphis, Division of Park Services

Frayser-Raleigh Senior Center (3985 Egypt Central)

September 20 - November 1, 2008

Hickory Hill Community Center (3910 Ridgeway Rd.)

October 4 - November 15, 2008

Registration & Health Checks: 9 - 10 a.m.

Health & Vendor Fair: 9 - 11 a.m.

PROGRAM DETAILS:

- Come on the opening date to register and enjoy a health and vendor fair.
 - Have your blood pressure and body mass index (BMI) measured.
 - The first 100 participants receive a **free water bottle** and a **pedometer** to track their steps.
 - We will show you how the program works and give you program materials.
 - Take a walk around the walking path.
 - Enjoy the health and vendor fair where you can take part in a low-impact aerobics class or talk to a nutritional counselor.
- Commit to walking a little more each day and cutting out some of your daily calories..
- Come back after 6 weeks and see how your blood pressure and BMI have changed. Returning participants will be entered in a drawing for great prizes. Must be present to win.

Challenge your friends and family to walk with you.

Open to ages 12 years and older.

Small changes can make a big impact! Come learn how!

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