



TUESDAYS AT 1:30 PM

MARCH 25 THROUGH MAY 27

Come walk with friends & enjoy the benefits!



Control Blood Pressure weight loss Lower risk of chronic disease

Stress reduction Immune System Booster



Decrease risk of falls Bone Strength Improve mental health

Better heart health

Mood Booster

Fight cancer



MEET IN THE JOINT LIBRARY AND NICCOLLS CHURCH PARKING LOT

Sponsored by Old Forge Library & Niccolls Nurses

