



# WALKING FOR WELLNESS

FRIDAYS, 11:30am  
MEET IN MEDICAL CLINIC LOBBY

## Walking is a great way to improve health!

Most people who walk regularly see an improvement in their hypertension & diabetes, and also have reduced pain. Plus, walking can be fun when you join others!

Please join us for a 6-week **walking club**.  
We will walk every Friday in April and the first 2 Fridays in May.

### SPRING 2019 DATES

Friday, April 5

Friday, April 12

Friday, April 19

Friday, April 26

Friday, May 3

Friday, May 10



**REGISTRATION IS RECOMMENDED**  
**FOR MORE INFORMATION CONTACT:**

**BRIAN SHAW, CDE**  
(916) 341-0575 ext. 2258  
brian.shaw@snahc.org



**OR**

**MARISSA MONTEON, LVN**  
(916) 341-0575 ext. 2269  
marissa.monteon@snahc.org

