



WALKING FOR WELLNESS

FRIDAYS, 1:30pm
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-session **walking club**. We will walk Fridays in September and October. There will be no walking club on September 27.

WIN A FREE FITBIT FITNESS TRACKER!
REUSABLE WATER BOTTLES WILL BE PROVIDED!



FALL 2019 DATES

Friday, September 13

Friday, September 20

Friday, October 4

Friday, October 11

Friday, October 18

Friday, October 25



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

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