

# Beaumont Gets Walking this October!

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## Walking is good medicine.

Walking for as little as 30 minutes a day can benefit your joints, alleviate back problems, lessen worry and tension and add years to your life.

Healthy Grosse Pointe and Harper Woods wants to help you make walking a part of your fitness routine. Gather a group of neighbors, friends, co-workers or family and let's walk together.

## **Sundays, October 6, 13, 20, 27 • Noon Central Library at Fisher and Kercheval**

The group departs promptly at Noon. All levels are welcome.

Good weather permitting. Wear comfortable walking shoes.



FOR MORE INFORMATION VISIT [WWW.HEALTHYGPHW.ORG](http://WWW.HEALTHYGPHW.ORG)

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