



Bay County Division on Aging
 in cooperation with
Bay County Recreation
Aging Well ~ Walking Club—Let's Get Walkin'

Aging Well Series with Beth Trahan, ~ especially geared to the 60 plus age group. Walking Club...Let's Get Walkin'..... Is a program designed to educate, participate and have fun. The session will concentrate on the a healthy, energetic, social walking experience. It is never to late to start working toward healthy years to live. The class will meet on Fridays, from 11:00 to 12:00 gather for an educational component, log in hours and then out walking from 11:15—12:00 and then check back in. All levels of experience welcome.

Location: Community Center, 800 J. F. Kennedy Drive, Bay City, 48706

May 15—June 26, 2015 class session

Fridays
 11:00 ~ 11:15 a.m. class
 11:15—12:00 walking
 12:00 noon lunch



Fee:
 \$ 8.00 Class Fee
 \$3.00 Drop in Basis
 \$2.50 (60 yrs. +) lunch suggested donation
 \$4.75 (59 & under) lunch fee

Choice of entrée, salad or sandwich available
For more information call Debbie at 895-4100 to register or choice of meal option.

Registration form can be mailed or dropped off to the Bay County Division on Aging, 515 Center Ave.
 Suite 202, Bay City, 48708. Checks can be made payable to: Bay County Division on Aging
 Visit our web page at www.baycounty-mi.gov/aging/

Name: _____ Phone #: _____
 Address or email: _____ Amount Paid: _____
 Indicate if Release and Waiver of Liability is on file: Yes: _____ No need to sign: _____
 Indicate: class _____ drop in _____ meal choice: entrée _____ salad _____ sandwich _____

*Individuals with disabilities may request auxiliary aids/services by providing 10 days notice to the County of Bay before the scheduled event. Requests should be directed to Tim Quinn at, (989) 895-4098. Walking Club—May/June 2015