



Walking Club



Did you know walking helps improve wellness? The **Canteen Activity Center** invites you to enjoy indoor or outdoor walking all year long. Walking just 30 minutes a day can help you lose weight, reduce stress and lower blood pressure. Log your steps to earn rewards! Regular walks are one of the easiest things you can do for your health.

Enjoy a delicious lunch after you exercise.

Call Janie at the Center for more information and to reserve your meal. Invitation is extended to the 60 plus population.

Every Tuesday and Thursday

Location: Canteen Activity Center 800 Livingston Avenue - Bay City



10:00 am - walking
12:00 noon - Lunch

\$2.50 (60 years & better)
suggested donation for lunch

Lunch offers choice of main entrée or salad or sandwich

Call Janie for any transportation requests or to make reservations at 892-6605
Tuesday, Wednesday and Thursday from 9:30 a.m.—1:00 p.m.
Find us on Facebook @ Bay County Department on Aging
www.baycounty-mi.gov/aging

Individuals with disabilities may request auxiliary aids/services by contacting ADA Coordinator Amber Davis-Johnson @ (989) 895-4131 by providing 10 days notice to the County of Bay before the scheduled event. Canteen Walking 2019