

Walk Your Way To Good Health

SOUTH EUCLID COMMUNITY CENTER
WALKING CLUB



TIME

MONDAYS,
WEDNESDAYS,
AND FRIDAYS
AT 9:00am
Begins August 1st

HEALTHY MIND
HEALTHY BODY
HEALTHY SPIRIT

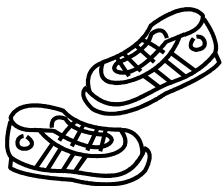
WALKING HELPS

PREVENT

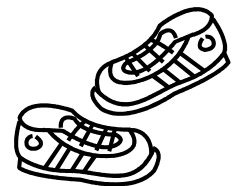
- Heart disease
- Obesity
- High blood pressure
- Osteoporosis (thinning bones)
- Mental health problems such as depression
- Stress

WHERE

Meet at the
South Euclid
Community Ctr
then head out on a
2 mile trek



ALL AGES AND
ACTIVITY LEVELS
ARE WELCOME



WALKING CAPTAINS
WANTED

FOR MORE INFO
CALL 216-291-0771