

Walking Fitness Program For Cardiac Health

Every Tuesday & Thursday am

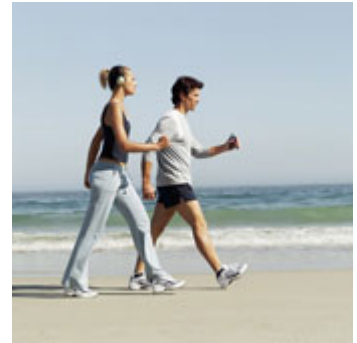
08:00am to 09:30 am

Where: Kimball Park at
Telephone and Kimball

And

Tuesday Pm (April to October)

5:00 pm to 6:30pm



- ♥ Blood pressure and weight available at sign in
- ♥ Sign in near left parking lot
- ♥ Pedometers for consistent walkers

Please note: Participating people should check with their physicians prior to beginning any exercise program. Questions? Call 667-2818

rev 10/10AR