



SENIOR *Walking Club*

**Step Together. Stay Healthy.
Make Connections.**



IMPROVE YOUR HEALTH

Walking can boost your energy, strengthen your heart, and support overall well-being.



ENJOY FRIENDSHIP

Meet new friends and enjoy great conversations while staying active.



SUPPORT YOUR WELL-BEING

Regular walking can improve mood, reduce stress, and help you feel your best.



WHEN

Wednesdays
8:30am - 10am



WHERE

Rankin Lake-
Meet at Lake House



WHO

Adults 50+

JUNE - AUGUST

If you plan to attend please call a day in advance to let us know you are coming!



704-866-6848

