

## Join Allen Neighborhood Center for our Market Walk!

Walking manages stress, improves heart health, boosts energy, feels great and is fun.

Market Walkers will receive **free tokens** to use at the **Allen Street Farmer's Market** for miles walked.

Walkers will earn \$10 in tokens for the first 5 miles and \$5 in tokens for each additional 5 miles. Tokens can be used to buy delicious fruits and vegetables available at the Wednesday afternoon Farmer's Market.

### **Why pay a gym when Market Walk will pay you!**

You can join the Market Walk at any of the following times and locations (see map on back):

#### **Walking hours at Hunter Park:**

Tuesday 5:30 pm – 7:30 pm

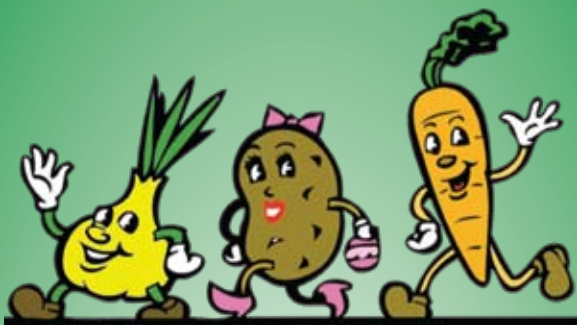
Thursday 5:30 pm – 7:30 pm

Saturday 10:00 am – Noon

#### **Walking hours at Allen Neighborhood Center:**

Wednesday 9:00 am – 10:00 am





## Allen Neighborhood Center Market Walk times and locations

Walking hours at  
**Allen Neighborhood Center:**

Wednesday 9:00 am – 10:00 am

Meet at Allen Market Place  
1629 E. Kalamazoo St.



Walking hours at **Hunter Park:**

Tuesday 5:30 pm – 7:30 pm

Thursday 5:30 pm – 7:30 pm

Saturday 10:00 am – Noon

Meet at the Hunter Park GardenHouse

For more information, contact Denise Paquette:

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