

2014 Walking in Our Community Series

FREE Monthly Walking Events throughout the Tri-County Area



invites you to

Let's Walk and Talk with a Doctor

Facilitated by the **Capital Area Health Alliance**

at

The Allen Neighborhood Center Market Walk Hunter Park

1400 E. Kalamazoo Street, Lansing

Meet at the pavilion near the entrance at the corner of Clifford and Marcus Streets.
Additional parking at the Elizabeth Street entrance.

Saturday, October 18, 2014

*Come walk and talk with local doctors while learning
about the great benefits of being physically active.*



- 10:30 a.m. Registration
- 10:45 a.m. Playmakers Good Form Walking Clinic
- 11:00 a.m. Dr. John Strandmark shares benefits of physical activity
- 11:15 a.m. Walk around Hunter Park with doctor
- 11:50 a.m. Prizes; 2014 Capital Area Parks & Trails Brochure

For more information, call **517-347-3377** or visit **CPHLansing.com** or **CapitalAreaHealthAlliance.org**

