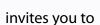
2014 Walking in Our Community Series

FREE Monthly Walking Events throughout the Tri-County Area











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 Capital Area Health Alliance.org









