

# Let's Get Moving

## Walking Club

Walking is a low impact activity where you get to set your pace and can be done daily. By moving more you add minutes to your life and decrease the risk of heart disease, diabetes, and arthritis, while strengthening muscles and bone density plus improve your mood and memory function. Wow all that from one activity! Through this 10-week walking program, participants will learn tips to increase daily steps through group activity walks and tracking weekly progress. Clubs meet 1X/week for approximately 1 hour. Pre-registration is required. New participants are taken until the 2<sup>nd</sup> week.

Location	Dates/Time	
<b>Marshfield-</b> Shoppes at Woodridge <b>Cost:</b> FREE *Sponsored by Communities Putting Prevention to Work	February 22 <sup>nd</sup> -April 25 <sup>th</sup> Wednesdays <b>11:30 AM-12:30 PM</b>	Pre-registration is required. Call <b>Ciara</b> at the ADRC-CW to sign up. <b>715-424-8468</b>

Class schedule may change. Please call prior to joining a class!

***Cancellation Policy: If local schools are closed due to inclement weather, classes will automatically be cancelled.***