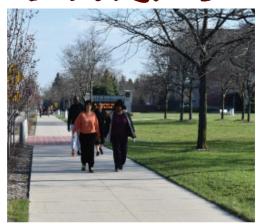
## A WALK IN THE PARKS







Come join Senior Services as we travel to a different park each week for a great morning walk. Transportation to and from the park will be provided.

Each walk begins inside at 7:45 am with a series of stretches led by a physical therapist from Surgeons Choice Medical Center to get participants prepared for the hour of walking. The bus will leave from the Parks & Recreation Building for the park at 8:00 am. A healthy snack and a bottle of water will be provided on the ride back.

**October 1** Carpenter Lake Nature Preserve

October 8 Bedford Woods Park

October 15 Inglenook Park

October 22 Freeway Park

October 29 Civic Center Park

Participants must be registered with Senior Services by the Monday prior to each trip.

Call (248) 796-4650 for more details or to register.







