

Southfield Parks & Recreation Senior Services presents

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.

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| 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.



Individuals with special needs who plan to attend this program should contact Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.