

# Walk & Talk

## TUESDAYS AT 1:30 PM

September 24 through November 26

Come walk with friends

& enjoy the benefits!

Socialize  
with  
others

Control  
Blood  
Pressure

Weight  
loss

Lower risk  
of chronic  
disease

Stress  
reduction

Immune  
System  
Booster

Decrease  
risk of  
falls

Bone  
Strength

Improve  
mental  
health

Better  
heart  
health

Mood  
Booster

Fight  
cancer



OLD FORGE  
LIBRARY

MEET IN THE JOINT LIBRARY AND NICCOLLS CHURCH PARKING LOT

Sponsored by Old Forge Library & Niccolls Nurses

Niccolls  
Nurses

