

# Hall Walking For Health !

@ Richmond Middle School



Tuesdays, Wednesdays & Thursdays

November 1, 2016 - March 30, 2017

6:00 – 8:00 pm

## **Benefits of Walking**

Lower LDL cholesterol (the "bad" cholesterol) - Raise HDL cholesterol (the "good" cholesterol) - Lower your blood pressure - Reduce your risk of or manage type 2 diabetes - Manage your weight - Improve your mood - Stay strong and fit

Drop - In Fee: \$1.00 per evening

Discount Punch Card: 15 punches for \$12

\*\*Punch Card will be kept on file\*\*

All walkers must complete a simple registration including emergency Contact information and waiver to participate.

Age: 10 years and older

Children must be supervised by an adult and actively walking.

The program will not be held on the days where Richmond Schools are closed, or any day school is cancelled due to inclement weather.

Provided by the Richmond Recreation Department  
586-727-3064