



Join the **MOVEMENT**



Senior Center in Central Park Presents

Wednesday Walkers

IT'S AS EASY AS ONE TWO

STEP one

This program takes place every **Wednesday at 8:30am**. Participants will meet at the Senior Center and then walk either a 30-minute or 1 hour loop throughout Central Park.

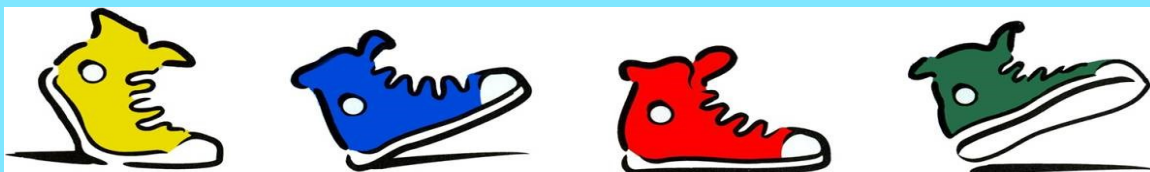
STEP two

Show up each Wednesday morning wearing comfortable clothing and appropriate shoes. Let's get healthy together!

A walking club
led by volunteers!

Free!

Free!



For more information, contact the front desk at (714) 536-5600