

WALK WITH US WEDNESDAYS!



- Sign in each Wednesday from 4- 4:30 in front of the Senior Center
- Walk at your own pace and distance along North Main and Sugarloaf Street
- “Walk with Ease” program book free to all regular participants
- For all ages and abilities
- Increase walking FREQUENCY, INTENSITY AND TIME with this fun, no stress walking activity

For more information contact Town Nurse Lisa White at 413 665-1400 x 114 or stop by during nurse office hours on Wednesday from 10-2.

Brought to you from a grant through the Cooperative Public Health Service in collaboration with Deerfield Recreation

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