



## **Walk and Talk for Better Health:**

Join Maureen Farrell, R.D. and Health Educator for a get-fit walking program for beginners who are interested in increasing the length of time they can walk. Each class will begin with short distance walking on the indoor track and finish with discussions on nutrition. As participants build walking tolerance, nutrition topics will be discussed while walking with improved endurance and duration. Participants must be able to climb stairs to use the indoor track and participate in telephone screening for class placement. Please speak with your doctor prior to participating.

- **I need time to build my endurance: Mon. and Wed. 12:30pm to 1:15pm**
- **I can walk 15 minutes: Tues. and Thurs. 12:30pm to 1:15pm.**
- **8 week session fee: Class fee: \$40.00 for full members  
Beginning Jan. 4, 2010      \$75.00 for program members**

Contact Maureen for more information 203-775-4444