

WELLNESS WALK AND TALK IN FARMINGTON HILLS



This FREE program helps you take steps for a healthier future. Learn about health and wellness topics from Beaumont health professionals, then get answers to your questions and enjoy casual conversation during a 20-30 minute walk on the beautiful Nature Center trails.

The United States Surgeon General has recognized walking as one of the most important things Americans can do to support their own health. Wellness Walk and Talk provides walkers of all ages and abilities the opportunity to walk in a safe, beautiful and social environment, all while gaining useful health related information and enjoying a healthy snack.

NATURE CENTER AT HERITAGE PARK



JOIN US FRIDAY

There will be a presentation at noon followed by a walk.



248-477-1135 or visit beaumont.org/getswalking

