

WELLNESS WALK AND TALK

JOIN US AT THE FARMINGTON HILLS NATURE CENTER

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.

Healthy Eating As We Age

Learn about the importance of calcium for bone health and about the importance of