



LET'S MOVE!

A WALK FOR THOSE WITH MOBILITY CHALLENGES

7/27, 8/31, & 9/28 | 4 PM

EAST GOLF HIKE BIKE TRAIL - FREE EVENT!

Bring a walker, a cane, a chair, a friend, or just the will to be healthy! No matter your limitations, enjoy moving outdoors with an opportunity to stroll, or roll, and talk with others with mobility limitations, including an exercise specialist volunteer from YSU's Dept. of Kinesiology & Sport Science (with her 3 artificial joints!). Meet at East Golf Hike Bike Trail Shields Road Parking Lot. Paved trail. Distance up to you!

FOR MORE INFORMATION, CALL 330.740.7107

