

Join the PIRS-Auburn Senior Center Walking Group!!

Walking helps to...

- Limit sickness: reducing the odds of catching a cold.
- Boost endorphins: easing stress, tension, anger, fatigue and confusion in just **ten minutes**.
- Improve heart health: increasing heart rate and circulation.
- Build bone mass: reducing the risk of osteoporosis.
- Improve balance: preventing falls.



All in just **30 minutes** a day, and **IT'S FREE...**

****Meet at Recreation Park at 9:00 am on Tuesdays every week****

We walk a lovely, fully accessible path around Recreation Park, 123 Recreation Dr., in Auburn.

How long and how far you walk is determined by you!

Please wear *appropriate* footwear and layers. Hydration is always important.

Understand that there are risks, both foreseeable and unpredictable, with any exercise, and that consultation with your doctor is advised regarding whether you can safely participate in a walking club.

Walks may be cancelled due to bad weather. Call Michele at PIRS (530) 885-6100, ext. 26 to verify during inclement conditions.



Walking Club presented by...
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