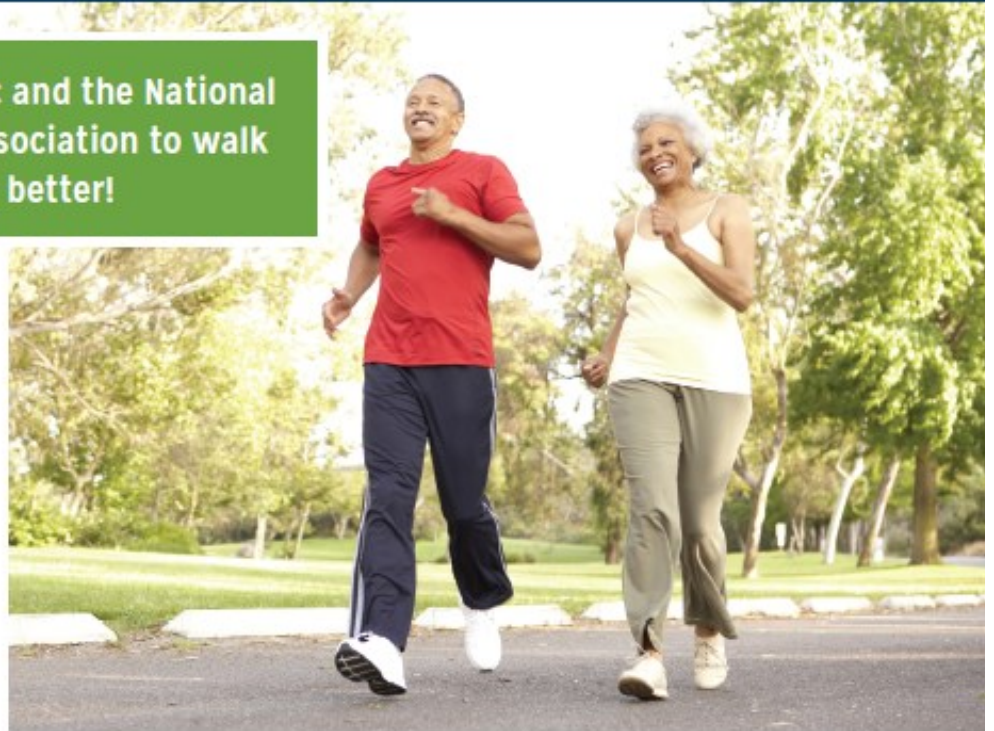


Take A Walk in the Park!

Join us, Walk with a Doc and the National Recreation and Park Association to walk more and feel better!



PARKS AND RECREATION
www.chapelhillparks.org



FREE PROGRAM!

Walk and earn prizes (T-shirts, water bottles, snacks, gift cards)

6 week session starts Monday, September 11th. Monday, Wednesday, Friday @ 9 a.m. at the Chapel Hill Community Center - 120 S. Estes Drive. More information at Chapelhillparks.org.

A Walk In the Park! is an initiative of the National Recreation and Park Association and Walk with a Doc to increase physical activity in communities while connecting health care providers with community members through parks and recreation.

The program encourages participation in Walk with a Doc and Walk With Ease programs to promote healthy lifestyles.



Walk with a Doc is a program where doctors, patients and community members go on a walk together. The doctor gives a brief presentation on a health topic and then leads participants on a walk at their own pace.

Walk With Ease |  Arthritis Foundation™

Walk With Ease is a six week program that teaches you how to safely make physical activity part of your everyday life. The program is designed to help relieve arthritis pain, but is suitable for anyone looking to make physical activity part of your everyday life.