



## **Welcome Page - About Us**

Certain medical conditions, such as heart disease, excess weight, and mental decline are improved or reversed by one simple activity that needs no special equipment: **walking**.

Our walking club was created to offer these health benefits and to provide adults a monthly event to discuss great books and then to walk online or outside for approximately 5,000 steps or 2.2 miles at a *slow walk* (3 mph).

Sign up and stay mentally, physically, emotionally, and spiritually active.

**Wishing you progress, success, and fitness from our multidisciplinary team of healthcare professionals.**