NORTH MIAMI
FLORIDA
Parks and Recreation
It Starts in Parks

Walk with Ease

a self guided walking program

FREE 6 Week Program

Orientation and Registration

Friday, July 26, 2013

12:00 pm

Sign up at:

Griffing Community Center
12220 Griffing Blvd.
North Miami | 33161
For more information call 305-893-3771

northmiamifl.gov/parks

Walk your way to better Health.

A new self guided walking program that will help you:

- Walk safely and comfortably
- Improve your flexibility, strength and stamina
- Reduce pain and feel great
- Build your confidence to be physically active.

Walk with Ease:

Can benefit any adult 55 and older who is looking to make his or her life better through walking. Improving your overall health begins with the first step!

PARTICIPANTS WILL RECEIVE
a Guide Book,
and upon completion of an evaluation,
a "Walk With Ease - GO TAKE A HIKE"
TEE SHIRT.

playful city USA 2013

North Miami All-America City 2010

North Miami ACHIEVE

HEALTH FOUNDATION of south florida

The City of North Miami does not discriminate on the basis of disability in the admission or access to, or treatment or employment in its programs or activities.