

NEW WALKING CLUB



Member Benefits:

- Monthly social gatherings
- Gait Analysis
- Walking Shoes Analysis and Fitting
- Early Bird Shopping Events
- And Much Much More

Cost is \$25 annually. Walking club meets every Monday and Wednesday weekly. Walkers begin at 7:30 a.m. by the entrance to Bethany/Development Outreach Mt. Morris Plaza. Don't miss this opportunity to join a walking club that will take you places!

SIGN UP
NOW!

Directly following the Walking Club join us for a **free breakfast** with speakers provided by Natural Habits of Living:

January 11:	Nutrition
February 8:	Heart Month
March 14:	Sleep Disorders
April 11:	Irritable Bowel Syndrome
May 9:	Arthritis
June 13:	Stroke
July 11:	Back Pain
August 8:	Joint Replacement
September 12:	Memory Talk
October 10:	Breast Cancer
November 14:	Diabetes
December 12:	Holiday Party

Call **212-427-0320** for more information