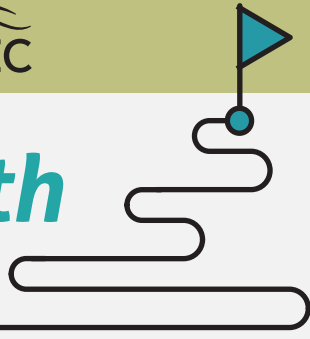




# MOVE *with* MAHEC



## ARE YOU READY TO IMPROVE YOUR PHYSICAL AND EMOTIONAL WELLBEING?

*Whether this is your first visit or your fiftieth, we invite you to get out and Move with MAHEC!*

*Join us outdoors to learn some healthy living tips and tricks followed by a walk around the MAHEC campus.*



## DID YOU KNOW?

Walking regularly can ...

- Provide physical and mental benefits
- Help you maintain or reach a healthy weight
- Decrease your risk of cardiovascular disease and cancer
- Help decrease blood pressure and improve cholesterol
- Help you prevent and manage type 2 diabetes and arthritis pain
- Lower your risk of depression and improve your mood



**MOVE WITH MAHEC**  
**THE FIRST SATURDAY OF**  
**EVERY MONTH 2:00–3:00 PM**  
(WEATHER PERMITTING)

## MEET US OUTSIDE THE EDUCATION BUILDING

Please bring water and wear comfortable clothes and walking shoes.

*All participants must sign a waiver. If you have a chronic health condition, please talk to your doctor before participating.*