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.