

SOMERSET COUNTY HEALTH
DEPARTMENT PRESENTS:

INDOOR WALKING

Free



Lace up your shoes and get ready to walk your way into better health! Just in time for summer! Join us for a 6-week indoor walking program from May 21st through June 27th

- Low impact
- Easy to follow
- For EVERY BODY!
- For ALL FITNESS LEVELS!

Tuesdays

1:00pm-2:00pm
Crisfield Library
100 Collins St.
Crisfield, MD

Thursdays

1:00pm-2:00pm
Princess Anne Library
11767 Beechwood St.
Princess Anne, MD

What to wear & bring: comfortable, non-restrictive clothing, walking shoes, and a water bottle. Low impact resistance bands provided.

**To sign-up, or for more information
call (443) 523-1719.**



**Walk
Somerset**