

WALKING CLUB

**JOIN A WALKING CLUB TODAY!
LET'S TAKE A 20 TO 30-MINUTE WALK WEEKLY.**

From April through October, as the weather permits.



» ***Walking Club Leaders***

Farmingdale

Blossom Cole,
Day Hab Site Manager
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Freeport

Eileen Stewart-Rooney,
Guardianship Manager
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Benefits of Walking

- Strengthens muscles
- Controls cholesterol levels
- Regulates blood pressure
- Reduces stress
- Delays aging
- Boosts immunity
- Improves heart health
- Burns fat

Plainview

Lauren Murray,
Project Administrator
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**Reach Out to Your
Team Leader for
Your Start Date**

Shoreham

Danielle Bermudez,
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Brookville

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» For further details, please contact:
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