

Why Join the Well Walker's Club?

- The weather is always perfect. The Clubs have indoor walking tracks.
- Membership is Free* and you receive a free pedometer when you join.
- Monthly meetings held at the Clubs may include health education programs and/or screenings.
- Club members who return monthly walk logs are eligible to win prizes via random drawings.
- Membership gives you an opportunity to walk with others who share your interests.



Why Walk?

- ☞ Muscle strengthening and toning
- ☞ Helps control cholesterol levels
- ☞ Maintains bone structure density
- ☞ Strengthens the lungs and can make breathing easier
- ☞ Makes your heart stronger and can lower your blood pressure
- ☞ May help you lose weight and reduce stress

Who Can Join?

Adults over 18 who are free of serious health problems can begin to walk immediately. You should consult your physician before beginning any exercise program.

How to Join?

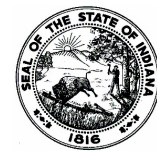
New members join at the monthly meeting held at any of the locations below.



Whiting Community Center
 1938 Clark St., Whiting
 659-0860
 1st Thursday of the month 1:00 p.m.



Salvation Army
 513 W. Chicago Avenue, East Chicago
 398-2939
 1st Monday of the month 10:00 a.m



Frank J. Mrvan
 North Township Trustee
 Wicker Park Social Center
 2125 Ridge Road, Highland
 932-2530 ext. 312
 2nd Wednesday of the month 11:00 a.m

* The Well Walker's Club is free to join, but any dues or fees charged by the walking facility is at the discretion of the facility and paid directly to the facility.