



Regional Autumn Walks

HOPKINTON STATE PARK

268 Cedar Street
Hopkinton, MA
Thursday, September 16, 2010

LOOK PARK

300 North Main Street
Florence, MA
Friday, October 1, 2010

SHINING SEA BIKEWAY

Depot Street Lot
Falmouth, MA
Tuesday, October 5, 2010

Walks begin with registration and warm-up at 10:30 A.M.
There are one-mile and three-mile walking routes.

Walks will be held RAIN or SHINE. Meet **Keep Moving** walkers from across the state.
Bring a picnic lunch. Make new friends!

Keep Moving club leaders should contact Ed Pomfred to discuss transportation scholarship assistance. Please make your transportation arrangements early. Pre-registration required. For more information contact Ed Pomfred: 617-624-5972 or e-mail: edward.pomfred@state.ma.us

The Department of Public Health and Blue Cross Blue Shield support the **Keep Moving** program in partnership with the Executive Office of Elder Affairs and the Councils on Aging and Senior Center Directors.



If you are deaf or hard of hearing, or are a person with a disability who requires accommodation, contact Ed Pomfred: 617-624-5972 or TTY: 617-624-5992 or e-mail: edward.pomfred@state.ma.us by September 10, 2010.