



Keep Moving Walking Club Leader Trainings



Learn:

- Nuts & Bolts of Walking Clubs
- Benefits of Walking
- Nutrition
- Physiology of Aging
- Exercise Warm Up/Cool Down
- Introduction to Walkability

When and Where:

April 1, 2011

9:00 a.m. – 1:00 p.m.

The Harwich Community Center

100 Oak Street

Harwich, MA 02645

April 29, 2011

9:00 a.m. – 1:00 p.m.

Franklin County Home Care Corp.

330 Montague City Road

Turners Falls, MA 01376

Wear comfortable clothing for exercising!

Please register by March 25, 2011. To register contact:

Ed Pomfred, Keep Moving Program Director

Massachusetts Department of Public Health

Phone: (617) 624-5972 Fax: (617) 624-5075 TTY: (617) 624-5992

Email: Edward.Pomfred@state.ma.us

There is no charge for the training.

Sponsored by: BlueCross BlueShield of Massachusetts, Massachusetts Department of Public Health, The Massachusetts Association of Councils on Aging and Senior Center Directors, and The Executive Office of Elder Affairs



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 March 18, 2011.