



KEEP MOVING REGISTRATION

2 Walking Club Leader Trainings

The benefits of walking on a regular basis are rewarding to your health and spirit, and the camaraderie of a group will keep you walking on a regular basis. A *Keep Moving* leader-training event is being offered. If you, or someone you know, is interested in starting a walking club, participating in training will prepare you to recruit walkers and start a club. Clubs leaders who already lead clubs should join us for up-to-date information to share with their clubs. Currently, there are 161 *Keep Moving* walking clubs in Massachusetts. "It's good for the heart and the soles".

1. April 1, 2011 (9:00 a.m.– 1:00 p.m.) Harwich Community Center
100 Oak Street, Harwich, MA 02645

2. 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 contact Ed Pomfred, Director, *Keep Moving* Program to Register
by Email: Edward.Pomfred@state.ma.us, Phone: (617) 624-5972, Fax: (617) 624-5075
or Mail: MA Department of Public Health, 250 Washington Street, 4th Floor, Boston, MA 02108

PLEASE PRINT YOUR:

Name: _____

Agency (if applicable): _____

Address: _____

Street

City

State

Zip

Phone: _____ Email: _____

Training Site: Harwich _____ Turners Falls _____

Return Reservation by March 25th.

There is no charge for this training, it is sponsored by BlueCross BlueShield of Massachusetts, The Massachusetts Department of Public Health, The Massachusetts Association of Councils on Aging and Senior Center Directors and The Executive Office of Elder Affairs

