



Regional **Autumn** Walks

BARE COVE PARK

Fort Hill Street entrance
Hingham, MA
Tuesday, September 13, 2011

UPPER CHARLES RIVER TRAIL

Milford Senior Center
60 North Bow Street
Milford, MA
Friday, September 23, 2011

CAPE COD CANAL

Herring Run Recreational Area
Bourne, MA
Monday, October 17, 2011

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 7, 2011.