



Keep Moving Walking Club Leader Training



Learn:

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

When and Where:

October 20, 2011

9:00 a.m. – 1:00 p.m.

Gloucester Senior Center

6 Manuel F. Lewis Street

Gloucester MA 01930

Wear comfortable clothing for exercising!

Please register by October 6, 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 October 6, 2011.