



# Keep Moving Walking Club Leader Training



## Learn:

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

## When and Where:

**November 15, 2010**  
9:00 a.m. – 1:00 p.m.  
**Shrewsbury Senior Center**  
98 Maple Ave.  
Shrewsbury, MA 01545

**Wear comfortable clothing for exercising!**

**Limited enrollment**

**Please register by November 3, 2010. To register contact:**

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Massachusetts Department of Public Health  
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Email: [Edward.Pomfred@state.ma.us](mailto: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](mailto:edward.pomfred@state.ma.us) by November 3, 2010.