

The *Keep Moving* Program offers



Walking Club Leader Training

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- Nuts & Bolts of Walking Clubs
 - Physiology of Aging
 - Benefits of Walking
 - Exercise Warm Up/Cool Down
 - Nutrition
 - Introduction to Walkability
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March 19, 2010 Billerica Council on Aging (9:00 a.m.– 1:00 p.m.)
25 Concord Road., Billerica, MA 01821

Wear comfortable clothing for exercising!

Please register by March 15, 2010. To register contact:

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