

**SAVE THE DATES**  
**Keep Moving**  
**Regional Autumn Walks**



**GREAT BROOK FARM STATE PARK**

984 LOWELL ROAD  
CARLISLE, MA  
THURSDAY, SEPTEMBER 24, 2009

**UPPER CHARLES TRAIL  
MILFORD SECTION**

FINO FIELD PARKING LOT AREA  
GRANITE STREET, MILFORD, MA  
FRIDAY, OCTOBER 2, 2009

**CAPE COD NATIONAL SEASHORE**

NAUSET MARSH TRAIL  
SALT POND VISITOR CENTER  
ROUTE 6, EASTHAM, MA  
WEDNESDAY, OCTOBER 21, 2009

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.  
**For more information contact Ed Pomfred: 617-624-5972 or e-mail: [edward.pomfred@state.ma.us](mailto:edward.pomfred@state.ma.us)**

**MA Department of Public Health and Blue Cross Blue Shield of Massachusetts MA provide support for *Keep Moving* in partnership with Executive Office of Elder Affairs, and MA 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 NUMBER: 617-624-5992 or e-mail: [edward.pomfred@state.ma.us](mailto:edward.pomfred@state.ma.us): by September 14, 2009.