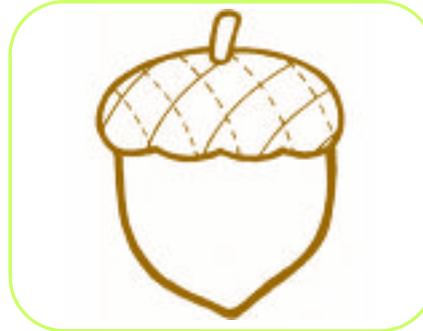




PLEASE JOIN US FOR **FREE** FALL GUIDED WALKS IN THE COUNTY PARKS

**FREE GIFTS
AT EACH
WALK!**



Registration for walks begins at 9:00 A.M. on site

September 12 - **Delaware Park***

October 3 - **Emery Park***

September 19 - **Isleview Park***

October 17 - **Chestnut Ridge***

September 26 - **Akron Park***

October 24 - **Ellicott Creek Park***

*Meeting locations posted at park entrances on day of walk

Healthy Family Fun

- At these walks, you'll be able to learn more about how to get healthy and stay healthy, participate in assorted health screenings including bone density, glucose, cholesterol, blood pressure, BMI and others.
- Assorted Senior Services programs, health education materials and smoking cessations services, products, and cessation program enrollment available at each walk.

Be Active Erie County! is a series of guided walks for all ages in beautiful Erie County parks

Proudly sponsored by



With support from:

Wegmans

NYSDOH

The Catholic Health System

The Wellness Institute

Questions?

716-858-7376

716-851-4052