



**JOIN TODAY!**

# WALKING CLUB

**FOR ALL ABILITIES  
(50+ ADULTS)**

- FREE to join
- Friendly and supportive
- Twice-weekly interval sessions



**MORE INFO**



**flip over**



All interested trekkers, age 50+, are encouraged to join the Irwindale Senior Center as we walk our way to a better health.

Tuesdays and Thursdays  
8:00am - 9:00am

Tuesdays the club meets at the Dan Diaz Recreation Center and walks in the gym. Thursdays the club meets at Jardin de Roca park and walks the outdoor trail.

*\*In the case of inclement weather, the club will walk at the Dan Diaz Recreation Center.\**



“Walking at a brisk pace can improve your overall fitness and cardiovascular health. Research has shown that walking for 30 minutes per day can lower blood pressure, helps maintain weight and may improve lipids.”

Deborah Rohm Young, PhD  
Kaiser Permanente

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Para obtener información en española sobre este folleto o cualquier otro programa, clase, viaje, o evento que ofrecemos, llame al 626.430.2286

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For more information, contact Joanna Palacios at (626) 430-2285  
or visit us on the web at [www.irwindaleca.gov/seniorcenter](http://www.irwindaleca.gov/seniorcenter).

