

It's Primetime @ Coraopolis Memorial Library

TAKE A WISE WALK!

Join us for *A Wise Walk* at Coraopolis Memorial Library beginning September 9th!

- Do you want to age healthfully?
- Do you enjoy learning new things?
- Are you an involved and active 50+ adult?

SIGN UP TODAY BY CALLING 412-264-3502!

All participants receive a complimentary pedometer and walking guide. T-shirts are also available for the first 20 participants (15 first timers at continuing sites.)

Visit the Library weekly to report your steps, discover great resources, and enjoy a healthy aging program with a healthy snack.

- Walk with a group from the Library.
- Walk on your own.
- Walk with a friend.
- Walk with family.
- Walk with a neighbor.



WE WILL MEET AT MONTOUR TRAIL

(OFF of Coraopolis Rd.
& Route 51)

Every FRIDAY beginning SEPTEMBER 9TH
FROM 8-9 A.M.

This program brought to you by the Allegheny County Library Association in collaboration with AARP and the Highmark PALS (People Able to Lend Support) Program.

