

FREE KICKOFF EVENT

GO GRAYSLAKE

PRESENTED BY THE GRAYSLAKE PARK DISTRICT

COMMUNITY WALK

Sunday, May 6 at 11am

Central Park (250 Library Lane)

First 200 walkers to register will receive a FREE T-Shirt!

(register with code 300024A)

TAKE THE FIRST STEP

Walk 30+ minutes every day!

7 BENEFITS OF WALKING

- Improves mood
- Helps maintain a healthy weight
- Strengthens bones and muscles
- Improves balance and coordination
- Helps manage heart disease, high blood pressure and type two diabetes
- Slows mental decline associated with aging
- Improves sleep



Grayslake Community Park District
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