



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

Healthy Family Fun

- At these walks, you'll be able to learn more about how to get healthy and stay healthy
- Participate in assorted free health screenings including bone density, blood pressure, BMI and others
- Senior Services programs, health education materials
- Smoking cessation program information and enrollment
- Emergency preparedness information and education

Registration begins @ 9:00 AM

Walk begins @ 9:45 AM

(There are 2 walks from the start point, one is approximately 1.25 miles and the second is approximately 3 miles)

9/17/11— Gazebo at Isle View Park

9/24/11— Fieldhouse at Emery Park

10/1/11— Casino at Sprague Brook Park (AutumnFest weekend)

10/2/11— Casino at Sprague Brook Park (AutumnFest weekend)

10/15/11— Casino at Ellicott Creek Park

10/22/11— Martin Lodge at Chestnut Ridge Park

10/29/11— Lancaster Place at Como Lake Park

(All walks are on Saturday mornings except the weekend of 10/1/11 and 10/2/11 when there will be activities both Saturday and Sunday)

**FREE GIFTS
AT EACH
WALK!**

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

Questions? 716-858-7226 or 716-851-4052

Directions? www.erie.gov

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Erie County Departments of
Health and Parks
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The Wellness Institute