



Sault Tribe Health Division presents

COMMUNITY WALKING GROUP

WHY WE WALK



**Diabetes
Obesity
Disease
Injury**



**Energy
Mood
Mobility
Circulation**

**GROUP LED WALKS ON WEDNESDAYS
BIG BEAR WALKING TRACK 10-11AM**

Lace up your sneakers and walk with us on an indoor track. A great way to stay active and meet new friends.

**Register with Community Health
906-632-5210**

CMcLaren@saulttribe.net

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