KEEP MOVING REGISTRATION

Walking Club Leader Training

The benefits of walking on a regular basis are rewarding to your health and spirit, and the camaraderie of a group will keep you walking on a regular basis. A *Keep Moving* leader-training event is being offered. If you, or someone you know, is interested in starting a walking club, participating in training will prepare you to recruit walkers and start a club. Clubs leaders who already lead clubs should join us for up-to-date information to share with their clubs. Currently, there are 150 *Keep Moving* walking clubs in Massachusetts. "It's good for the heart and the soles".

March 19, 2010

Billerica Council on Aging

(9:00 a.m. – 1:00 p.m.)

25 Concord Road, Billerica, MA 01821

Wear comfortable clothing for exercising!

Please contact Ed Pomfred, Director, *Keep Moving* Program to Register

by Email: Edward.Pomfred@state.ma.us, Phone: (617) 624-5972, Fax: (617) 624-5075

or Mail: MA Department of Public Health, 250 Washington Street, 4th Floor, Boston, MA 02108

PLEASE PRINT YOUR:

Name:_____

Agency (if applicable):_____

Address:_____

Street City State Zip

Phone:_____ Email: _____

Return Reservation by March 15th.

There is no charge for this training, it is sponsored by BlueCross BlueShield of Massachusetts, The Massachusetts Department of Public Health, Massachusetts Association of Councils on Aging and Senior Center Directors and The Executive Office of Elder Affairs

Additional registration

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Name	Agency (If Applicable)	Address	Phone

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