

# WALK WITH EASE

## SOUTH JACKSON COMMUNITY CENTER

412 BOLIVAR HWY

### BENEFITS OF THE PROGRAM

- Health & Wellness
- Research proven results
- Improve quality of life
- Reduce pain
- Increase strength
- Trained instructors
- Fellowship & Fun
- No membership fees
- Free educational material



Every Monday, Wednesday, &  
Friday at 9:00 A.M.

**6 WEEK PROGRAM TO  
PROMOTE SAFE AND  
SUCCESSFUL WALKING**

**FEBRUARY 6TH THROUGH  
MARCH 17TH.**

**CONTACT 731-343-4628 FOR  
MORE INFO**

