**PENBROOK BOROUGH**

Parks Sub-committee Event

**WALK-WITH-A-DOC/JUST WALK PROGRAM**

***IN PARTNERSHIP WITH PENBROOK REVITALIZATION INC. (PRI)***

**SATURDAY - JUNE 1, 2019**

**STARTING AT 10:00 AM**

**MEET AT THE PENBROOK COMMUNITY CENTER**

**(ELM STREET ENTRANCE)\***

FREE AND OPEN TO THE PUBLIC

     

**15 minutes presentation by Ms. Sue Minarik, RN on the benefits of walking & cardiovascular/muscular improvement. [Come at 9:30 am and get your blood pressure, weight, BMI and body fat% measurements!]**

***We will walk to PRI registered yard sale locations and return to the Penbrook Community Center. Total walking distance will be about a mile. Water & a light healthy snack will be provided to each participant (limited quantities)***

*Participants may want to do their yard sale shopping before the walk while the selection is still good! If not, bring a shopping bag along and shop as you walk!*

*\*Penbrook Community Center – 150 S. 28th Street, Penbrook, PA 17103*