

Silver Bay Walking Club



Every Monday
9 am



Mary MacDonald Building
(Wildly Organic Doors)

Walk with the group, or at your own pace.

Walking is one of the BEST things you can do for your overall health. It's low impact, safe (with a doctor's O.K.), and free! Many diseases, conditions, and ailments can be prevented or even healed by participating in regular physical activity. Fortunately, even moderate-intensity aerobic activity such as walking can provide these incredible health benefits. (<https://walkwithadoc.org/>)

Registration is free and is not limited to individuals 60+.
Please contact Stacey, Program & Volunteer Coordinator at
stacey@nsapartners.org or 218-353-1494 with questions or to register.

*To join the program, you will need to complete
a physical abilities questionnaire and sign a waiver.*



North Shore Area Partners programs are funded in part by MN DHS Live Well at Home grants. However, individual contributions are critical to our work. Learn more about how you can support us by visiting www.nsapartners.org/donate.