



**WALK THIS
WAY!**

**Join us at the Soccer Field
on Tuesday's and
Thursday's during your
LUNCH**



Pedometers provided to track your progress!

Walking is a great way to improve overall health, make new friends, and strengthen our community! Walking can lead to weight loss, decreased stress, decreased blood pressure, and improved cardiovascular health. This low impact activity can increase your balance and coordination, reducing your risk of falls.

**Walk your way to better health
& connect with friends!**

Sponsored by: Henderson's Girls Build Team

<https://girlsbuildhms.weebly.com>

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<http://www.lapromisefund.org>

