

# PACKARD PACERS IS BACK!

## Packard Pacers Walking Program



### IMPROVE YOUR HEALTH AND HAVE FUN!

- ◆ Kick-Off Day: Saturday, June 5, 2010  
10:00am
  
- ◆ County Farm Park off Platt Rd.  
(behind the Rec Center)
  
- ◆ \$5 Registration Fee
- ◆ Children 12 years and under- FREE!
- ◆ Participants get a walking kit with pedometer
- ◆ Group walks every Saturday morning throughout the  
summer!
- ◆ Get fit with Mark Harris, Personal Trainer!
- ◆ Earn Prizes!

*Registration forms are available at check-in, check-out, in the waiting room or ASK YOUR DOCTOR today!*