



# Come Walk with Us

## Walking Club

When: Thursdays at 6:30–7:30

Where: Zilwaukee Park at 190 Front St,  
Saginaw, MI 48604

Please text Connie at 989-274-9470 if you plan to  
participate.

The goal is to make new friends and learn more  
about physical health to add to the success of our  
mental health.

