

# LET'S GET HEALTHY... WALK OR BIKE WITH US!

To Promote Mobility and Falls Prevention



## Monday, September 29th B&O Bike Trail North Lake Park

625 Hope Road, Mansfield

No registration required

For more information, contact us at

567-247-6487

## Free - Open to the public

*Join us anytime from 9:00 a.m. - 11:00 a.m.*

Opportunity to enter a drawing for a free Wellness Basket!

### What to know and expect:

- An opportunity for social engagement and physical activity
- Information & resources provided by the Area Agency on Aging, Richland County Mobility Management, and other community partners.
- Individual and / or group walking opportunities
- Bring your bicycle for individual and / or group riding opportunities
- Water provided

**FREE RCT BUS RIDES AVAILABLE TO AND FROM THE  
WALKING EVENT BY CALLING 419-522-4504**



**This event will be cancelled for inclement weather**