



Health Talk 'n' Walk

GET FIT & LEARN

Join us at Goose Lake Park (2811 UAA Drive) for a brief outdoor seminar followed by a 30-minute walk on the Chester Creek Trail with our featured speaker.

- 5:45 pm Check-in, get water, stretch
- 6:00 pm 15 minute health presentation
- 6:15 pm Walk at your own pace for 30 minutes. Speaker will intermingle with the group to answer questions and expand on the topic.

This event is FREE. Be sure to dress for the weather. No pets, please. Reserve your space to 264-1722 or alaskaregional.com/classes&events.

2017 SCHEDULE

Thursday, May 18

Speaker: Ruth Townsend, MS

Topic: "Preventing Stroke"

May is National Stroke & High Blood Pressure Awareness Month. Most of us know that high blood pressure is the primary controllable risk factor for stroke, but are you aware of the other common risk factors that you can control, treat and improve? Find out if you are at a higher risk for stroke based on the latest research. Up to 80% of all strokes are preventable by following simple health rules. Join us for a 15 minute presentation on preventing stroke, followed by a 30 minute walk on the Chester Creek Trail.

Upcoming Dates: June 15 July 20 August 17



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