

It's Primetime @
Jefferson Hills Library

TAKE A WISE WALK!

Join us for *A Wise Walk* at Jefferson Hills Library
beginning

Tuesday, May 27th @ 10:30 a.m.!

- Do you want to age healthfully?
- Do you enjoy learning new things?
- Are you an involved and active 50+ adult?

SIGN UP TODAY!

Participants receive a complimentary pedometer, walking guide, t-shirt and more. ☺

Jefferson Hills Library (412) 655-7741

Visit the Library weekly to report your steps, discover great resources, and enjoy a healthy aging program with a healthy snack.

- Walk with a group from the Library.
- Walk on your own.
- Walk with a friend.
- Walk with family.
- Walk with a neighbor.

PROGRAMS COMING TO YOUR LIBRARY

10 Keys for Healthy Aging
Silver Sneakers Stretching Demonstration
Blood Pressure Screening
Highmark PALS in the Community
Laughter Yoga Fitness

This program brought to you by the Allegheny County Library Association in partnership with AARP and the Highmark PALS (People Able to Lend Support) Program.

