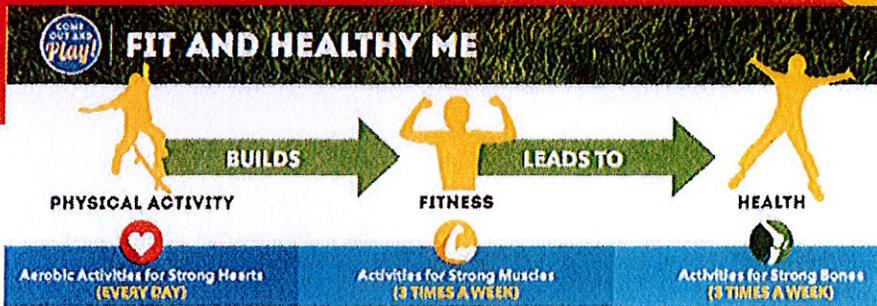
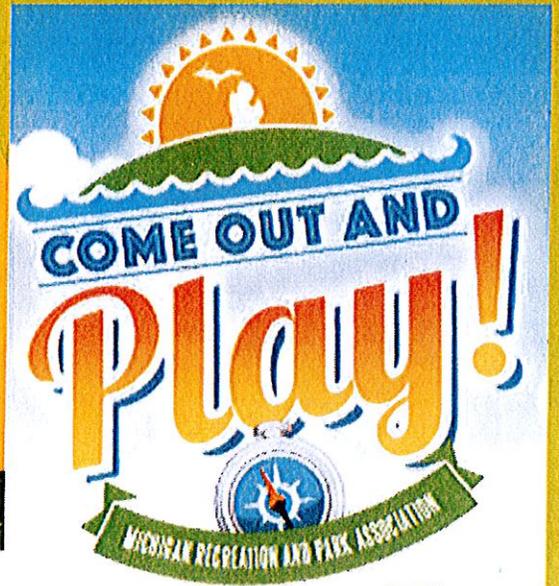


SUMMER

2016

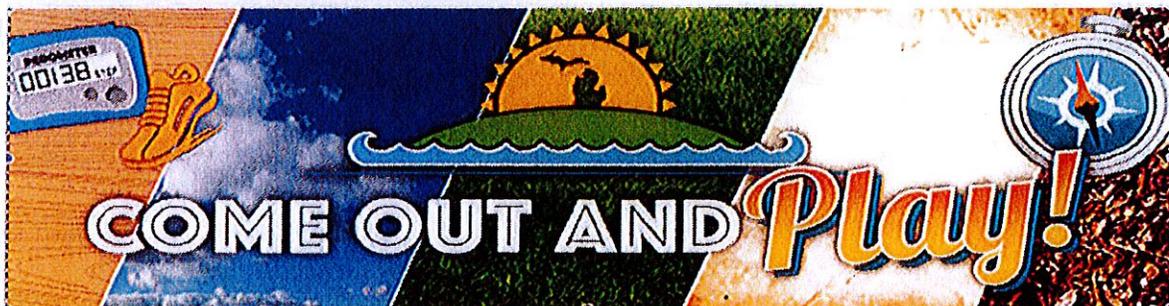
PROGRAM



Remember the fun you had as a kid playing spontaneously for hours in the warm summer sun at your local playground?

You played freely on colorful playground equipment and joined all the other neighborhood kids in organized programs.

Come Out and Play is an outdoor curriculum that encourages youth to get outside and be active. This summer we will be offering the program **FREE** of charge! So COME OUT AND PLAY!



When: June 20th- September 1st, 10am-11am ages 7-10, 11am-12pm ages 11 and up

Lunch provided from 12-1 for those participating

Where- Fireman's Park, 8795 Macarthur Blvd.

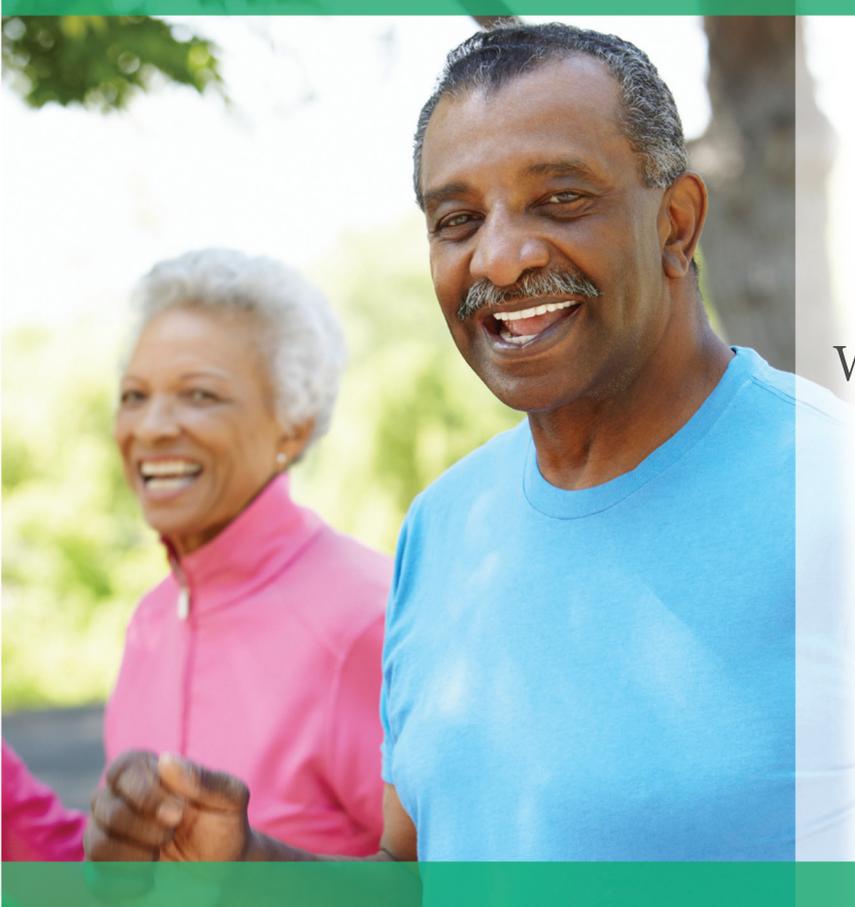
Contact- Juan Bradford, Superior Township Parks and Rec Administrator

734-480-5502 or superiorparks@superior-twp.org

WALK WITH EASE

a program for better living

Experience the
Walk With Ease Program
Arthritis Foundation **Certified.**
Doctor **Recommended.**



“When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse.”

— *Walk With Ease participant*

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Classes are one-hour each. Three times per week for six weeks.

FREE Pedometer and Guidebook included!
Session 1 Begins TUESDAY, MAY 31st

Get on your feet this summer!!!
Meets Mondays-Wednesdays-Thursdays
at 7:00PM

Session 1: May 31-July 7
Session 2: July 11-August 18
Session 3: August 22-September 29

Meet at the YDL - Superior Branch, 8795 MacArthur Blvd.

Space is limited for this **FREE** program brought to you by **Superior Township Parks and Recreation**. Sign up today!
Call (734) 480-5502 or email superiorparks@superior-twp.org

