

WALK FOR YOURSELF, YOUR COMMUNITY & FOR YOUR HEALTH Cedar Riverside Neighborhood Senior Walk



Where: Brian Coyle Community Center: 420 15th Ave S

Friday: June 14th 2013 5:30 pm – 8:00 pm

We will walk RAIN OR SHINE—Please join us!

Increase Your Chances of Living Longer and Walk Towards a Healthier YOU!

Walking 30 minutes a day can reduce risk of heart disease, improve blood pressure, blood sugar levels and enhance your well being according to American Heart Association. Come Join Us! Walking is FREE!

This is our opportunity to be involved in the Twin Cities Bike Walk Week (June 9th– 15th, 2013)

Sponsored by: Pillsbury United Communities (Brian Coyle); SPOKES; Cedar Riverside / West Bank Safety Center; WellShare International; Riverside Plaza; West Bank Business Assoc.; Health Commons; West Bank Community Coalition; Darul-Hijra Mosque; Korean Center; CR NRP Committee; RPTA; UCARE; The Khadra Project

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Cedar Riverside/West Bank Safety Center

