

Coos Bay Library & SER Vida LLC Wellness Coaching present

WALK WITH EASE

MEET THE TRAINERS!



This exercise program 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



Friday, July 1
3:00pm-4:00pm



Come to the library and learn more about this in-person walking program which begins July 20 at SWOCC track. Walkers will meet twice a week each Wednesday and Friday from 10:00am-11:00am.

Register for actual walking program @ <https://beav.es/iYg> To learn more, send an email to: servida.wellness@gmail.com or call 541-373-3591



WALK WITH EASE
a program for better living



525 Anderson Avenue, Coos Bay, OR 97420
(541) 269-1101, <http://coosbaylibrary.org>