



WALK MICHIGAN

Adult healthy walking program to help reduce pain and discomfort of arthritis and improve balance, strength, and walking pace while exploring parks and trails throughout Otsego County!

ON THE TRAIL TO FITNESS AND HEALTH

Week 1

Aug 5th: **Iron Belle Trail**
Wah Wah Soo County Park US-27
(gravel path)
Aug 7th: **Aspen Park**
Aug 9th: **Aspen Park**

Week 2

Aug 12th: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
(grass, dirt path)
Aug 14th: **Aspen Park**
Aug 16th: **Aspen Park**

Week 3

Aug 19th: **Otsego Lake State Park**
7136 Old 27 Hwy, Gaylord
(dirt and paved path)
Aug 21st: **Aspen Park**
Aug 23rd: **Aspen Park**

Week 4

Aug 26th: **Aspen Park Hiking Trails**
239 Commerce Blvd, Gaylord
(Narrow, hilly, dirt path)
Aug 28th: **Aspen Park**
Aug 30th: **Aspen Park**

**Walking
10:30am
until
11:30am**

**Grant Funded
transportation from
120 Grandview Blvd.
Gaylord, MI
To walking location
(SPACE LIMITED)**

**Walking
sticks
provided!**

Week 5

Sept 2nd: **No Walk/Agency Closed**
Sept 4th: **Aspen Park**
Sept 6th: **Aspen Park**

Week 6

Sept 9th: **Otsego Lake County Park**
1657 County Park Rd, Gaylord
(paved path)
Sept 11th: **Aspen Park**
Sept 13th: **Aspen Park**

Week 7

Sept 16th: **Gaylord Industrial Park**
O'Rourke Blvd, Gaylord
(paved path)
Sept 18th: **Aspen Park**
Sept 20th: **Aspen Park**

Week 8

Sept 23rd: **Pigeon River Headquart.**
9966 Twin Lakes Rd, Vanderbilt
(narrow, hilly, dirt path)
Sept 25th: **Aspen Park**
Sept 27th: **Aspen Park**

**Locations may change due to weather and trail conditions, contact below for more information*

INTEREST IN JOINING US?



Please contact Amanda Dobrzelewski, OCCOA Healthy Aging Program Coordinator, at **989.748.4068**

