



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

- Oct 7th: **Otsego Lake State Park**
7136 Old 27 Hwy, Gaylord
(dirt and paved path)
- Oct 9th: **Aspen Park**
- Oct 11th: **Aspen Park**

Week 2

- Oct 14th: **5 Lakes Nature Area**
2024 Five Lakes Rd Gaylord
(narrow grass, dirt path)
- Oct 16th: **Aspen Park**
- Oct 18th: **Aspen Park**

Week 3

- Oct 21st: **Jordan Valley**
8592 Deadmans Hill Rd, Elmira
(narrow hilly dirt path)
- Oct 23rd: **Aspen Park**
- Oct 25th: **Aspen Park**

Week 4

- Oct 28th: **Iron Belle Trail**
256 Fairview Rd, Gaylord
(gravel path)
- Oct 30th: **Aspen Park**
- Nov 1st: **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

- Nov 4th: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
(grass, dirt path)
- Nov 6th: **Aspen Park**
- Nov 8th: **Aspen Park**

Week 6

- Nov 11th: **No Walk/Agency Closed**
- Nov 13th: **Aspen Park**
- Nov 15th: **Aspen Park**

Week 7

- Nov 18th: **Community Gardens**
800 Livingston Blvd, Gaylord
(Grass, woodchipped path)
- Nov 20th: **Aspen Park**
- Nov 22nd: **Aspen Park**

Week 8

- Nov 25th: **Louis Groen Nature Pres**
2043 Gingell Rd, Joburg
(dirt hilly path)
- Nov 27th: **Aspen Park**
- Nov 29th: **No Walk/Agency Closed**

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

INTEREST IN JOINING US?



OTSEGO COUNTY COMMISSION ON AGING

Please contact Amanda Dobrzelewski, OCCOA Healthy Aging Program Coordinator, at [989.748.4068](tel:989.748.4068)

