



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

Dec 9th: **5 Lakes Nature Area**
2024 Five Lakes Rd Gaylord
Dec 11th: **Community Center**
Dec 13th: **Sportsplex**

Week 2

Dec 16th: **Otsego Lake State Park**
7136 Old 27 Hwy, Gaylord
Dec 18th: **Community Center**
Dec 20th: **Sportsplex**

Week 3

Dec 23rd: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
Dec 25th: **No Walk/Agency Closed**
Dec 27th: **Sportsplex**

Week 4

Dec 30th: **Community Gardens**
800 Livingston Blvd, Gaylord
Jan 1st: **No Walk/Agency Closed**
Jan 3rd: **Sportsplex**



**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

Jan 6th: **Aspen Park Trails**
239 Commerce Blvd. Gaylord
Jan 8th: **Community Center**
Jan 10th: **Sportsplex**

Week 6

Jan 13th: **Walk Downtown**
120 Grandview Blvd
Jan 15th: **Community Center**
Jan 17th: **Sportsplex**

Week 7

Jan 20th: **Pine Baron Pathway**
2010 Lone Pine Road Gaylord
Jan 22nd: **Community Center**
Jan 24th: **Sportsplex**

Week 8

Jan 27th: **Louis Groen Nature Pres**
2043 Gingell Rd, Joburg
****Partnered Snowshoe Hike with
HeadWaters Land Conservancy**
Jan 29th: **Community Center**
Jan 31st: **Sportsplex**

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

INTEREST IN JOINING US?



OCCOA
OTSEGO COUNTY COMMISSION ON AGING

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

