



# 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

June 15th: **Community Gardens**  
800 Livingston Blvd, Gaylord  
June 17th: **Aspen Park**  
June 19th: **Aspen Park**

### Week 2

June 22nd: **Rail Trail**  
Soccer Fields Fairview Rd  
June 24th: **Aspen Park**  
June 26th: **Aspen Park**

### Week 3

June 29th: **Aspen Park Trails**  
239 Commerce Blvd. Gaylord  
July 1st: **Aspen Park**  
July 3rd: **Aspen Park**

### Week 4

July 6th: **Otsego Lake State Park**  
7136 Old 27 Hwy, Gaylord  
July 8th: **Aspen Park**  
July 10th: **Aspen Park**

Summer Walking Times  
(June - September)  
**9:30am to 10:30am**  
Winter Walking times  
(October - May)  
**10:30am to 11:30am**

Meet at the  
walking location  
with your walking  
shoes on & ready  
to explore!

Walking  
sticks  
provided!

### Week 5

July 13th: **Pine Baron Pathway**  
2010 Lone Pine Road Gaylord  
July 15th: **Aspen Park**  
July 17th: **Aspen Park**

### Week 6

July 20th: **Louis Groen Nature Pres**  
2043 Gingell Rd, Joburg  
July 22nd: **Aspen Park**  
July 24th: **Aspen Park**

### Week 7

July 27th: **Walk Downtown**  
120 Grandview Blvd  
July 29th: **Aspen Park**  
July 31st: **Aspen Park**

### Week 8

Aug 3rd: **5 Lakes Nature Area**  
2024 Five Lakes Rd Gaylord  
Aug 5th: **Aspen Park**  
Aug 7th: **Aspen Park**

*\*Walks are weather pending, call the weather hotline 989.731.5652 for outdoor program updates. Locations may change due to trail conditions, contact below for more information.*

## INTEREST IN JOINING US?



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

