



# 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 17th: **Rail Trail**

Wah Wah Soo - Old Hwy 27 S

Aug 19th: **Aspen Park**

Aug 21st: **Aspen Park**

### Week 2

Aug 24th: **Community Gardens**

800 Livingston Blvd, Gaylord

Aug 26th: **Aspen Park**

Aug 28th: **Aspen Park**

### Week 3

Aug 31st: **Pine Baron Pathway**

2010 Lone Pine Road Gaylord

Sept 2nd: **Aspen Park**

Sept 4th: **No Walk/Agency Closed**

### Week 4

Sept 7th: **No Walk/Agency Closed**

Sept 9th: **Aspen Park**

Sept 11th: **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

Sept 14th: **Aspen Park Trails**

239 Commerce Blvd. Gaylord

Sept 16th: **Aspen Park**

Sept 18th: **Aspen Park**

### Week 6

Sept 21st: **Pine Baron Pathway**

2010 Lone Pine Road Gaylord

Sept 23rd: **Aspen Park**

Sept 25th: **Aspen Park**

### Week 7

Sept 28th: **Rail Trail**

Sportsplex - 1250 Gornick Ave

Sept 30th: **Aspen Park**

Oct 2nd: **Aspen Park**

### Week 8

Oct 5th: **Louis Groen Nature Pres**

2043 Gingell Rd, Joburg

Oct 7th: **Aspen Park**

Oct 9th: **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?

**OCCOA**  
OTSEGO COUNTY COMMISSION ON AGING

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

