



# 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 3rd: **Jordan Valley**  
8592 Deadmans Hill Rd, Elmira  
*(narrow hilly dirt path)*  
June 5th: **Aspen Park**  
June 7th: **Aspen Park**

### Week 2

June 10th: **Community Gardens**  
800 Livingston Blvd, Gaylord  
*(Grass, woodchipped path)*  
June 12th: **Aspen Park**  
June 14th: **Aspen Park**

### Week 3

June 17th: **5 Lakes Nature Area**  
2024 Five Lakes Rd Gaylord  
*(narrow grass, dirt path)*  
June 19th: **Aspen Park**  
June 21st **Aspen Park**

### Week 4

June 24th: **Pine Baron Pathway**  
2010 Lone Pine Road Gaylord  
*(grass, dirt path)*  
June 26th: **Aspen Park**  
June 27th: **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

July 1st: **Walk Downtown**  
120 Grandview Blvd Gaylord  
*(paved path)*  
July 3rd: **Aspen Park**  
July 5th: **Closed/No Walk**

### Week 6

July 8th: **Otsego Lake County Park**  
1657 County Park Rd, Gaylord  
*(paved path)*  
July 10th: **Aspen Park**  
July 12th: **Aspen Park**

### Week 7

July 15th: **North Country Trail**  
256 Fairview Rd, Gaylord  
*(gravel path)*  
July 17th: **Aspen Park**  
July 19th: **Aspen Park**

### Week 8

July 22nd: **Louis Groen Nature Pres**  
2043 Gingell Rd, Joburg  
*(dirt hilly path)*  
July 24th: **Aspen Park**  
July 26th: **Aspen Park**

*\*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**

