

WALKTOBER 2016

Sedgwick County residents are challenged to 'Walk With Friends' during **WALKTOBER!** Whether a friend, family member, neighbor or pet, having a walking partner will remind you to get moving while you enjoy October's mild temperatures! Daily walking helps improve your health, reduce the risk of both stroke and diabetes and enhances your mental well-being.

Saturday, October 1
through
Monday, October 31

Ready to sign up?

Go to **hwcwichita.org**
to register and download your calendar card.

For more information, contact **Skelle Rich** at the
Medical Society of Sedgwick County - Phone: **316-683-9441**
E-mail: **skelleyrich@med-soc.org**

This event is presented by:



Sedgwick County...
working for you



Health & Wellness
Coalition of Wichita
Coordinated. Connected. Committed.



Central Plains Area Agency on Aging
Butler, Harvey & Sedgwick Counties



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Walk
With Friends



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