



East New York Restoration LDC
Aging with Health Program

Walk Yourself To Better Health Become A "Walk With Ease" Group Leader



Program Kick-off

May 6, 2019

6:30-7:30PM

1159 Elton Street

ENY Restoration LDC

You will receive leadership training resources

What you will gain through the Aging with Health – Walk With Ease program

Through the program you will become a certified Walk With Ease Leader

- You will receive CPR training and certification
- You will learn how to lead a walking group
- You will learn the benefits of walking
- T-Shirts
- Pedometer

Your part in this program

- Must commit to forming a walking group

IMPORTANT DATES TO REMEMBER

May 6 – Monday, 6:30-7:30 at East New York Restoration, 1159 Elton Street – Kick Off

May 20th – Monday, 6:30-7:30 at East New York Restoration, 1159 Elton Street - Graduation

June 10th - Monday, 6:30-7:30 location TBD, Give-aways for all, come with the walker you recruited

June 15th – Saturday – Juneteenth Walk

For Additional Information: Call 718.676.5920

This program is supported with funding from the office of Council Member Inez Barron through the Healthy Aging Initiative