



## *A Healthy Downstate*

In association with the New York Walkers Club

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# **Free Walking Program**

### Registration

September 14, 2009

**To register call  
718 270 3808 and select no. 3**

All participants must take a  
One mile walk test with the  
Instructor in order to  
participate in the program

**And wear a smile!!!!**

### **Instructor**

**Rose Savage Jackman, MPH**  
**USA Track and Field Certified Coach**  
**ACE Certified Group Fitness Instructor**

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Walk 3.35 miles in Prospect Park

Monday and Wednesday 6 a.m.

Monday and Wednesday 5:15 pm

Meet at Wollman Skating Ring Parking Lot

Saturdays at 7 am

Meet at Grand Army Plaza