

WELLNESS WALK AND TALK IN FARMINGTON HILLS



This FREE program helps you take steps for a healthier future. Learn about health and wellness topics from Beaumont health professionals, then get answers to your questions and enjoy casual conversation during a 20-30 minute walk on the beautiful Nature Center trails.

The United States Surgeon General has recognized walking as one of the most important things Americans can do to support their own health. Wellness Walk and Talk provides walkers of all ages and abilities the opportunity to walk in a safe, beautiful and social environment, all while gaining useful health related information and enjoying a healthy snack.

NATURE CENTER AT HERITAGE PARK

located on the west side of Farmington Road, between 10 and 11 Mile Roads



JOIN US THURSDAY, OCT. 17

11:30 a.m.

Free blood pressure screening

NOON TO 1 P.M.



Fats, Oils and Environmental Contaminants in Your Food - What You Need to Know to Optimize Your Health

Laura Fogleman, MS, RDN, IFNCP;
Integrative Medicine Dietitian
Beaumont Medical Center
West Bloomfield

This presentation will focus on the difference between grass fed, pastured, free-range, organic foods and the foods we typically purchase and eat on a daily basis. Are you making the right choices for optimal health?



FOR MORE INFORMATION AND WALKING OPPORTUNITIES NEAR YOU, **CALL 248-477-1135** OR VISIT **beaumont.org/getswalking**