



This service is made possible by Alameda County Public Health Department and Street Level Health Project.

# Walk The Talk!



All adults are welcome for this free program.

**Lace up you sneakers and come join your community as we step up to health. Walk with new friends twice weekly and exercise group every Friday 9:30-10:30.**

**Exercising can reduce the risk of many diseases.**

**Walking requires no prescription and the benefits are numerous:**

- **Managing your weight**
- **Controlling your blood pressure**
- **Decreasing your risk of heart attack**
- **Preventing depression**
- **Reducing risk of type 2 diabetes**
- **Lowering stress levels**
- **Strengthening muscles**
- **Improving sleep**
- **Elevating your overall mood and sense of well-being**

**For more information or to register today call: Maria-510-533-9906 or Michelle-510-577-7093 2501 International Blvd, Oakland, Ca, 94601**