

Do you want to...

- ✓ become more active?
- ✓ make new friends?
- ✓ boost brain power?
- ✓ feel healthier?



**Join the Fit-4-Life
Walking & Talking
Group**



Starting Monday, May 4th at 8:30am,
we'll take a gentle 30-minute walk around
the community.

Starting Time and Place:

Mondays, 8:30am in the downstairs lobby of
the Somerville Council on Aging

**For more info and to sign up, contact Chris
at (617) 625-6600 x2315**