

ARBOR WEST NEIGHBORS.....
would like to expand their walking group options



Current AWN Walkers

- Meet at 8am every Monday morning for 1 hour walk
- Choose different weekly walking venues
- Enjoy a modest pace and good conversation
- Stop to smell the flowers
- Admire architecture and Holiday decorations
- In snowy weather switch to Friday at 9am at the Oak Park YMCA
- Liz Swan keeps us up to date. For more information contact Liz at [easwan@gmail.com](mailto: easwan@gmail.com)



Advice from current
Group.....

JUST START WALKING

Work out the details while
Walking!!!

**There is interest in a Cardio Walking Group:
Just in time for all our New Year's Resolutions!!**

- Meet up at entrance to Pleasant Home; regular or sporadic
- Walk briskly 45 to 60 minutes
- Time options: Monday through Friday, 9-10 am or between 11-3pm; or anytime Saturday or Sunday

Interested??

Call or text Laura Bruzas at (312) 666-9979