

“GET WALKING!”



Watch for
upcoming programs!

Flu Shot Clinic

Preventing & Managing
Back Pain

Walking is one of the easiest ways to get the exercise you need to stay healthy. It can reduce the risk of heart disease, improve heart function and muscle tone, as well as lower blood pressure, cholesterol, and risk of injury. Each week we will meet at the Bowdoin Chapel steps at **noon** where you will be led on a different route around the campus. Grab your friend or your whole department! All fitness levels welcome!

- **Wednesday, 9/9** Parvkvew Hospital, 1.65 miles
- **Tuesday, 9/15** Navy Housing, 2.85 miles
- **Wednesday, 9/23** Merrymeeting Drive, 3.1 miles
- **Tuesday, 9/29** Green Bridge, 2.3 miles
- **Wednesday, 10/7** Bike Path, 3.75 miles
- **Tuesday, 10/13** Prospect St, Topsham 4 miles
- **Wednesday 10/21** Baribeau Drive, 3 miles
- **Tuesday, 10/27** Meadowbrook Road, 3 miles
- **Wednesday, 11/4** Brunswick High School, 4 miles
- **Tuesday, 11/10** Captain Daniel Stone Inn, 1.4 miles
- **Wednesday, 11/18** Brunswick Sewer District, 3.2 miles
- **Tuesday, 11/24** Thornton Oaks, 2.8 miles
- **Wednesday, 12/2** Botany Place, 1.45 miles
- **Tuesday, 12/8** Former Topsham Fire Dept, 2.2 miles
- **Wednesday, 12/16** Town Commons, Brunswick, 3 miles

