



Starting March 13, 2018

The Walk With Ease Program is a six week class geared towards improving health. Join our certified instructors in walking around our Downtown Parks while learning ways to improve overall wellness.

Location: Winter Haven Public Library

Time: 9:00 - 10:00 a.m. (Tuesday, Thursday & Friday)

Dates:

March 13, 15, 16, 20, 22, 23, 27, 29 & 30

April 3, 5, 6, 10, 12, 13, 17, 19 & 20

Cost: FREE

Pre-registration is requested at:

Winter Haven Public Library
325 Ave A NW

or

Chain O' Lakes Complex
210 Cypress Gardens Blvd.

or

Senior Adult Center
250 S. Lake Silver Dr.

For more information contact (863) 291-5870.

This program is made possible through a grant from the National Recreation & Parks Association.

WINTER HAVEN
The Chain of Lakes City

**IT STARTS IN
PARKS**