

Did you know...

that walking can:



Relieve stress

Improve your mood

Help you sleep better

And much more!

Ready to get started?
Don't ask **HOW**, just say **W.O.W.!**

WHO: W.O.W. is open to women of all ages & fitness levels.

WHAT: Women Out Walking is a free, 12-week walking & health education campaign to promote health, wellness, community, and physical activity for the women of Evanston.

WHERE: Evanston Civic Center ♦ 2100 Ridge Ave. ♦ 4th Fl., Parasol Room

WHEN: W.O.W. will begin with a breakfast orientation session on Saturday, March 21, 2009 at 9am. The program will end on June 13, 2009.

All walkers will receive a walking journal & a pedometer, and will be eligible to win prizes!

We encourage individual walkers and teams of up to five to pre-register by **March 13**, but registration will remain open until the Orientation Session.

For more information or to register, please contact

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