

# Social Services

Start Walking Now!

- ✓ Strengthen your bones
- ✓ Reduce stress
- ✓ Get more energy
- ✓ Tone your muscles
- ✓ Reduce your risk of developing dangerous health problems
- ✓ Feel good!

*WALK YOUR WAY TOWARDS WELLNESS*

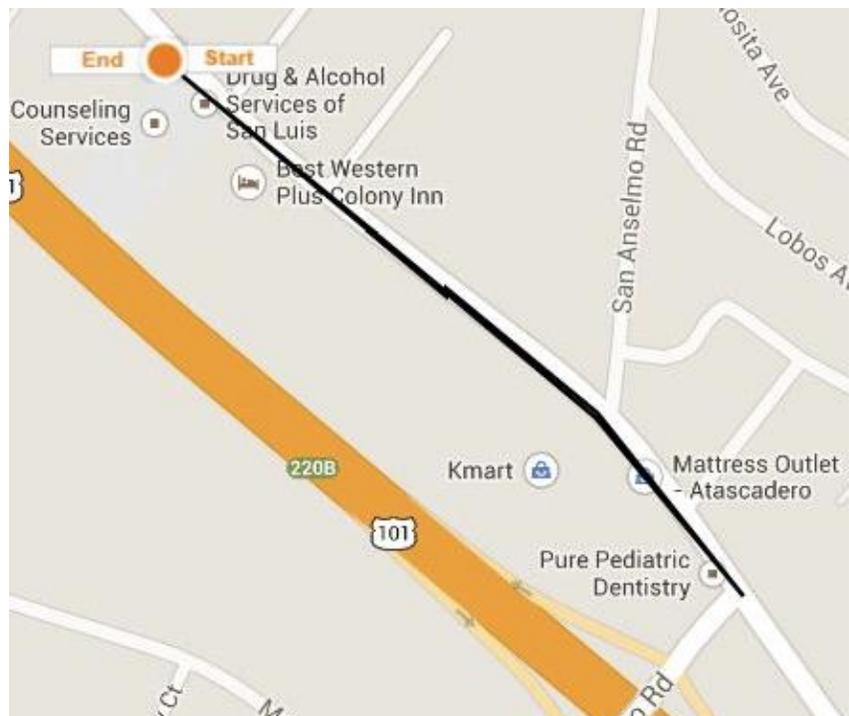
**Beginner**

**Distance: 0.25miles**

**Estimated Time: 10-15**



HR BENEFITS PRESENTS  
Atascadero Center  
3556 El Camino Real  
Atascadero, Ca 93422



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## *WALK YOUR WAY TOWARDS WELLNESS*

Moderate (incline)  
Distance: .25 miles  
Estimated Time: 15-20  
minutes



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