

WALK SAFE WORKSHOP

Free Workshop Series for Older Adults *Stay safe. Stay active. Walk with confidence.*

The Walk Safe Workshop is a free education series created for older adults who want to stay active, safe, and independent in their community. Whether you are a regular walker or just getting started, this workshop gives you practical tools and knowledge to walk with confidence.

Topics include:

- Pedestrian safety: How to navigate intersections, crosswalks, and traffic safely
- The health benefits of regular walking
- Fall prevention strategies for everyday life
- Ways to improve your strength and balance
- Community walks to explore and share feedback on your local walking environment

All participants receive free reflective bands, pedestrian lights, and informational handout.

Dates & Times	Shell Beach Library 230 Leeward Ave., Pismo Beach, CA 93449 Saturday, May 9 3:00 – 4:00 P.M.
Morro Bay Senior Center 1001 Kennedy Way, Morro Bay, CA 93442 Friday (series) April 10 - 24. 1:00 – 2:00 P.M.	Paso Robles Senior Center 270 Scott St., Paso Robles, CA 93446 Tuesday, June 16 9:50 – 10:20 A.M. Meet with the walking group
Nipomo Library 918 W. Tefft St., Nipomo, CA 93444 Wednesday, May 6 1:00 – 2:00 P.M.	Atascadero Senior Center 5905 E. Mall, Atascadero, CA 93422 Tuesday (series) June 16 - 23. 1:00 – 2:00 P.M.

For more information please contact:

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