

# 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.**

<b>Dates &amp; Times</b>	<b>Shell Beach Library</b> 230 Leeward Ave., Pismo Beach Saturday, May 9, 3:00 – 4:00 P.M.
<b>Morro Bay Senior Center</b> 1001 Kennedy Way, Morro Bay Friday (series) April 10 - 24, 1:00 – 2:00 P.M.	<b>Paso Robles Senior Center</b> 270 Scott St., Paso Robles Tuesday, June 16, 9:50 – 10:20 A.M. Meet with the walking group
<b>Nipomo Library</b> 918 W. Tefft St., Nipomo Wednesday, May 6, 1:00 – 2:00 P.M.	<b>Atascadero Senior Center</b> 5905 E. Mall, Atascadero Tuesday (series) June 16 - 23 11:15 - 12:00 PM

**For more information please contact:**

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