



Walk for Wellness

Families and community members are invited to join us for a walk around the Highland Park Reservoir

Friday, September 11, 2015

10:00 AM Beverages served

10:30 AM Walk begins

Light refreshment and coffee following the walk



Highland Park, Reservoir Drive, Pittsburgh

Meet at the Super Park Playground at the Maple Grove Shelter



The Reservoir Loop is 0.76 miles.



GET MOVING
MEET NEW PEOPLE
CHAT WITH TEIS THERAPISTS
SHARPEN YOUR MEMORY
REDUCE STRESS AND ANXIETY
BOOST OVERALL MOOD

Walk as much or as little as you feel comfortable

RSVP to Kurt by September 4th at 412-951-9117 or kurt@teisinc.com