



8005 Birch Street  
Weston  
(715) 359-7000

# Friday, July 22nd

Arrive at 10:00AM

Start Time at 10:30AM

**1 MILE WALK**  
**2 MILE WALK**  
**PERSONAL BEST WALK**

# **BEST FOOT FORWARD SENIOR WALK**

Open to the Public & FREE!

Aging & Disability  
**Resource Center**  
OF CENTRAL WISCONSIN  
Educating people on the  
correct way to walk when  
suffering from arthritis.

Revel  
Sports  
www.RevelSports.com  
Demonstrating the art of  
Nordic walking with poles.

**HEALTHY  
SNACKS  
PROVIDED!**



For more information on Healthy Weston Fest please visit [www.westonwisconsin.org/lifestyle](http://www.westonwisconsin.org/lifestyle)