



Worth Township's Indoor Walking Club

Starting October 3rd

Cold & Slippery Outside? Walk Indoors!

Join our Indoor Walking Club, walking in the gyms and halls of the Worth Township building.

- Temperature controlled environment
- Walk at your own pace
- Meet and chat with new friends


Where: Worth Township Building
11601 S. Pulaski Road
Alsip, IL 60803

(Enter thru doors with red signs in back parking lot by big gym)

Monday thru Thursday
7am – 8am

NO SESSION: Oct 10, Nov 8, 24,
Dec 26

Walking Club is free & open to adults over the age of 18.
DROP IN, or for more information, call Paula Duke at 708-371-2900.

**The simplest change you can make to improve your heart health is
to start walking... **