



# Want to become more physically active?

## Join the WYHH walking clubs!

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Join the Healthy Environments Partnership's *Walk Your Heart to Health* walking programs in Eastside, Southwest, and Northwest Detroit. Each group meets three times a week for two hour sessions. The sessions include information sharing on health, nutrition, exercise, and a group walk!

If you are interested in joining a walking club in your area please call Cindy Gamboa at  
**(313) 593-0924**



For more information contact Cindy Gamboa  
Healthy Environments Partnership  
313.593.0924

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Sponsored by the Healthy Environments Partnership: Brightmoor Community Center, Detroit Department of Health and Wellness Promotion, Detroit Hispanic Development Corporation, Friends of Parkside, Henry Ford Health System-Center on Multicultural Health, Rebuilding Communities Inc., University of Michigan—School of Public Health.