



ADULT WALKING PROGRAM

Walking program exploring parks and trails throughout Otsego County!



<p>8-WEEK WALKING PROGRAM</p> <p>For adults</p> <p>WALK 2X / WEEK at Aspen Park</p> <p>WALK 1X / WEEK at new locations</p>	 <p>EVERY MON, WED, & FRI 10:30am-11:30am</p>	<p>FUNDED TRANSPORTATION PROVIDED FROM</p> <p>120 Grandview Blvd. Gaylord</p> <p>TO walking location (SPACE LIMITED)</p>
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ON THE TRAIL TO FITNESS AND HEALTH

<p>WEEK 1 (Sept 24th-28th)</p> <p>Mon: <u>Community Gardens</u> 800 Livingston Blvd, Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 2 (Oct 1st-5th)</p> <p>Mon: <u>Otsego Lake State Park</u> 7136 Old Highway 27 South</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 3 (Oct 8th-12th)</p> <p>Mon: <u>Aspen Park Trails</u> 239 Commerce Blvd. Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>
<p>WEEK 4 (Oct 15th-19th)</p> <p>Mon: <u>Jordan Valley</u> 8592 Deadmans Hill Rd, Elmira</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 5 (Oct 22nd-26th)</p> <p>Mon: 5 Lakes Nature Trail 2024 Five Lakes Rd. Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 6 (Oct 29th-Nov 2nd)</p> <p>Mon: <u>Otsego Lake County Park</u> 1657 County Park Rd, Gaylord, MI</p> <p>Wed & Fri: <u>Aspen Park</u></p>
<p>WEEK 7 (Nov 5th-9th)</p> <p>Mon: <u>North Country Trail</u> 256 Fairview Rd, Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>WEEK 8 (Nov 12th-16th)</p> <p>Mon: <u>Pine Baron Pathway</u> 2010 Lone Pine Road Gaylord</p> <p>Wed & Fri: <u>Aspen Park</u></p>	<p>Walking sticks provided!</p> 

**Locations may change due to weather and trail conditions, contact below for more information*

INTEREST IN JOINING US?

Amanda Dobrzelewski

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Otsego County Commission on Aging
989.748.4068

Thank you to all of our supportive partners!

