



Get walking.  
Get healthy.  
Get fit.  
Get strong.

Are you ready  
to start walking  
to better health?

Join the walk.  
July 26 through  
December 6

**Register at [healthyclintoncounty.org](http://healthyclintoncounty.org)**

- Track your walking
- Find trails and FREE walking groups

Share your fitness journey and photos on [facebook.com](https://www.facebook.com)  
Go to the [Healy Communities of Clinton County](#) page.

**FREE Wellness Wednesdays**

2nd Wednesday each month  
Clinton County Family YMCA - Frankfort  
950 South Maish Road

Stay healthy. Be encouraged.

- 9 am Group walk, starting at YMCA
- 10 am Speaker and FREE health assessment



Health Plans

This program supported by:

[Healthy Communities Clinton County Coalition](#)

[Clinton County Family YMCA](#)

This program is for health and wellness education only.

Trail maps available at Healthy Communities office at 1458 Oak St., Suite B or Chamber of Commerce in Old Stoney