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PRESS RELEASE

March 21, 2013

Walk Ways Series to be held at Mary Browning and Grantsville Senior Centers

The University of Maryland Extension in conjunction with the Area Agency on Aging will be offering a free series, Walk Ways. This program is designed to promote walking and healthy eating for older adults. Participants will practical ways to increase their steps to become a part of their daily routine. Classes will be held at the Mary Browning Senior Center, Wednesdays, 11:15a.m.to noon, April 3rd through May1st. Classes will also be held at the Grantsville Senior Center, Tuesdays, 11:15 a.m. to noon, April 2nd through May 7th. There is no cost is for the class, but participants must be 60 years or older. If you have questions, please call 301-334-9431 ext. 139 or 301-895-5818.

This project promotes the Garrett County Community Action Committee strategy of providing older adults with lifelong learning opportunities.

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