

Better Health. Improved Fitness. Less Pain.



HEALTHY
GALLATIN

WALK WITH EASE

January 9th
through
February 17th

MWF 10-11am

Please meet at Macy's in the
Gallatin Valley Mall

Groups will meet 3
times per week for
30-60 minutes



**JOIN
TODAY!**

Contact Cherie Murbach For more information

 406-582-3159

 cherie.murbach@gallatin.mt.gov

Move Past Your Pain What is included?

- Designed to increase your physical activity and improve chronic health conditions
- Stretching, walking, and talking about health topics
- A free book and walking journal to track your progress
- Guidance on developing a safe, low-impact walking program