



# WALKING CLUB

## GET UP, GET OUT & MOVE!

### **Get moving for a better you!**

The Bertie County Recreation Department would like to start a walking club to get the people in Bertie County Moving. Join us for a walk around downtown Windsor @ 5:30pm on every Tuesday & Thursday. We will meet at the Bertie County Government Building to start the walk. Bring a friend and start walking to improve your health. Also bring your kids and enjoy your time together walking. The Walking club will start on February 21. For more information please call the Bertie County Recreation Department @ 794-5363.

Walking 30  
minutes a day  
improves your  
health

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Walking is a fun  
and effective  
exercise

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Walking Club is  
free for you.

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NO matter how  
slow you go, you  
are lapping  
everybody on the  
couch!

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Get your walking  
shoes out and put  
them to work!

BERTIE COUNTY  
RECREATION DEPT.  
101 W. School St  
Windsor, NC 27983

794-5363