

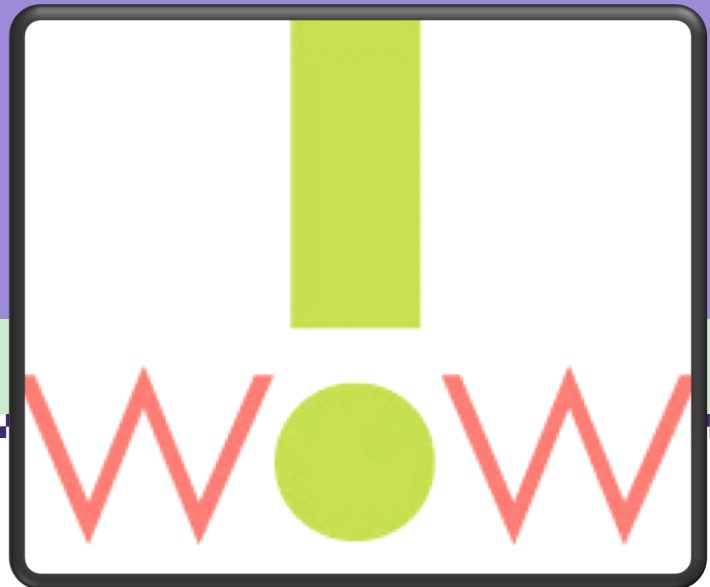
SAVE-THE-DATE

Women Out Walking

4th Annual W.O.W. Kick-off!

Evanston Township High School
Auditorium @ 8am-noon
1600 Dodge Avenue, Evanston
Saturday March 24th

Registration coming soon...



WHO Participation is open to women of all ages and fitness levels

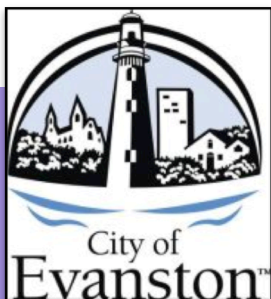
WHY Walking reduces the risk of certain diseases, helps with weight management and blood pressure control.

We will equip you with up-to-date fitness knowledge and a free pedometer to track your progress.

Free health screenings

Fitness class samplers

Women Out Walking (WOW) is a 12-week walking & health education campaign to promote health, wellness, community and physical activity for the women of Evanston. This program uses walking as the foundation to encourage the women of Evanston to lead healthier lifestyles and become more physically active in an energetic and welcoming environment. Additionally, participants have access to fitness and nutrition workshops, health screenings, organized group walks, and a local support network dedicated to helping you reach your physical activity goals.



To learn more or register, please visit www.cityofevanston/wow_or or call us at 847-328-2100, ext. 2920

Program sponsored by the Evanston Health Department
This program was made possible by funds received from the Illinois Department of Public Health