



# Move with Ease: Speed without Strain

with **COACH**  
*Carmen*®

Join Coach Carmen from Reshod Walking Shoes for a FREE walking group where you will learn how to walk faster and more pain-free. No registration required.

**Sat. March 28**  
**9:30 am**  
**Commonwealth**  
**Lake Park**

**Join us after at Cedar**  
**Hills Recreation**  
**Center for the**  
**Women's Wellness**  
**Fair at 11 am!**

