



# SENIORS



**Starting:** Monday, July 25th  
**When:** Monday thru Friday  
**Where:** Peculiar City Hall  
(start and end your walk at the Peculiar Hall)  
**Who:** Seniors Citizens  
**Time:** 8:00am to 5:00pm  
**Cost:** *FREE*



- Walking has lots of health benefits
- Great way to get more active
- Win great prizes
- Meet new people
- See what is happening in your community

- Peculiar Parks and Recreation has partnered up with the Cass County Health Department to bring to you the Senior's Poker Walk.
- Earn a playing card for each mile walked, best poker hand at the end of the week will win the weekly prize.
- Track you miles by picking up your Poker Walk Pedometer at the Peculiar City Hall.



**Public Health**  
Prevent. Promote. Protect.  
Cass County Health Department