

# Let's Get Moving!



## Healthy Hearts Walking Club

You're invited to get up and get active with Bickford's Healthy Hearts Walking Club!

Days: Monday & Wednesday at 9:30am

Where: Mary B's Courtyard Inner Circle  
\*Beat the heat-Walking indoors, meeting in Mary B's Living Room.

Sign Up: Please sign up in the activity binder located at the front entrance (in AL).

**WALKING CLUB MEMEBERS GET A FREE T-SHIRT**

We hope to see you there!

BICKFORD OF CHAMPAIGN  
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assisted living  
& memory care