



JUNE 4TH - 27TH WALKING GROUP

Free 4-week walking group for seniors

Come join us in a free walking group to increase health and physical activity in Mohave County hosted by AZ Health Zone Cooperative Extension Mohave County and Harrison Haven Senior Living Apartments.



USDA is an equal opportunity provider.

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**COME WALK WITH
US!**

**MONDAYS &
WEDNESDAYS
8:30 AM - 9:30 AM**

**HARRISON HAVEN
COMMUNITY ROOM
3338 HARRISON ST.
KINGMAN, AZ**

FREE

**WALK AT YOUR
OWN PACE!**

TO SIGN UP CONTACT:

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