

Stronger
Steps
Brighter
Days



SENIOR SERVICES
SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY



SENIOR STEPS

Walking & Wellness Club

MOVE • CONNECT • FEEL GOOD

Join the Recreation team for a fun and supportive walking club designed to improve mobility, fitness, and endurance for our activities, outings, and trips.



**IMPROVE
MOBILITY**



**SUPPORT
BETTER HEALTH**



**CONNECT
WITH OTHERS**



**BUILD ENDURANCE
FOR ACTIVITIES
AND TRIPS**



WEDNESDAYS



2:30 – 3:30 P.M.



SHK- Indoor Track

*Every
Step
Counts!*

For
seniors
55+



HEALTHY SENIORS. STRONGER COMMUNITY.



Questions?

Call our activities line
480.362.7565.