

ONE DAY AT A TIME

ANTI – AGING

THE OLDEST MODE OF TRANSPORTATION

KNOWN TO MAN, WALKING IS MORE THAN

JUST A LOW - IMPACT EXERCISE **SOLUTION**.

FOR EITHER SOLACE AND REFLECTION OR

SOCIALIZING WITH FRIENDS, THE SIMPLE

STROLL OFFERS CLARIFYING, REJUVENATING

BENEFITS FOR BOTH THE BODY AND MIND.

AND ESPECIALLY FOR SENIORS, REGULAR

WALKING JUST MIGHT BE THE SINGLE MOST

EFFECTIVE ANTI-AGING ACTIVITY.

JACK