



Walk to Wellness



Who: Older adults, 55 years and better!



What: Weekly walking program to increase health and wellness.



Why: To encourage older adults to stay active & meet new friends.



When: In person classes will be held at various sites throughout San Diego, Saturdays, 8:30am–9:30am, Sept. 11th – Nov. 20th. Walks will not be held on Sept. 25th and Nov. 13th. Primary site is Park de la Cruz Community Center, 3905 Landis St., San Diego, 92105. Participants can Join at any time.



How: Register online @ sdreconnect.com (ActiveNet Code: [96303](https://sdreconnect.com)). Contact AgeWell Services, (619) 525-8247, for registration assistance. For other questions, please email thescroll@sandiego.gov.