



## **Pleasanton Sole Mates Walking Group**

**Wednesday  
8:45 a.m. – 10:00 a.m.**

**FREE**

Join our weekly Wednesday walking group. Walking is one of the easiest and most cost-effective forms of exercise for adults. Participants must be able to walk 2.5-3 miles and keep a moderate pace with the group.

**Each walk will depart from the Senior Center. For the monthly schedule please visit the information desk or call the front desk at 925-931-5365.**