



LACE UP YOUR SNEAKERS

**THE WALK
MASSACHUSETTS
CHALLENGE IS ON!**

Just register at www.walkmachallenge.com, choose a challenge, and track your walking during the period between May 1 and Oct 31. With six challenges, there is a challenge for you no matter your ability. Meet milestones and be entered to win up to a \$50 gift card. And, for each person who completes their challenge, your Council on Aging will be entered to win up to \$1,000 for future programming. The more you walk, the more everyone wins!

Walking consistently has numerous physical and mental health benefits. Regardless of how far or fast you walk, whether you use a cane or a walker, remaining active is key to aging well and living independently. Walking and the Walk Massachusetts Challenge is a fun way to build community!