

# Step into Autumn

## at the Village



Enhance your fitness while you connect with nature and explore your community!

Let's step into Autumn together at the Troy Historic Village! Offered in partnership with **Beaumont Health**.

Our new weekly walking group is free to join. Walks cover a variety of scenic routes around Troy. Each week features a different wellness activity to try, or the chance to walk and chat with a healthcare professional or local government official.

Using the Beaumont CARROT smartphone app, track your workouts and win prizes as you reach your fitness goals. All ages and levels of fitness are welcome!

**Friday Kick-Off, September 28, 6:00 – 8:00 pm**




**Weekly Walk: Thursdays, October 4 – October 25, 6:00 pm**

Start at the Village or Daisy Knight Dog Park (3410 Livernois) and walk Troy's newest trail (1.5 – 2.0 miles total). Then continue your trek along Scarecrow Row at the Village, tour restored buildings to watch artisans work at historic trades and crafts, and enjoy light fall refreshments.

**Sign up for more information or please contact Stephanie Suszek, Adult Programs & Services Director at 248.524.3309 or [apd@thvmail.org](mailto:apd@thvmail.org)**



# Beaumont

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