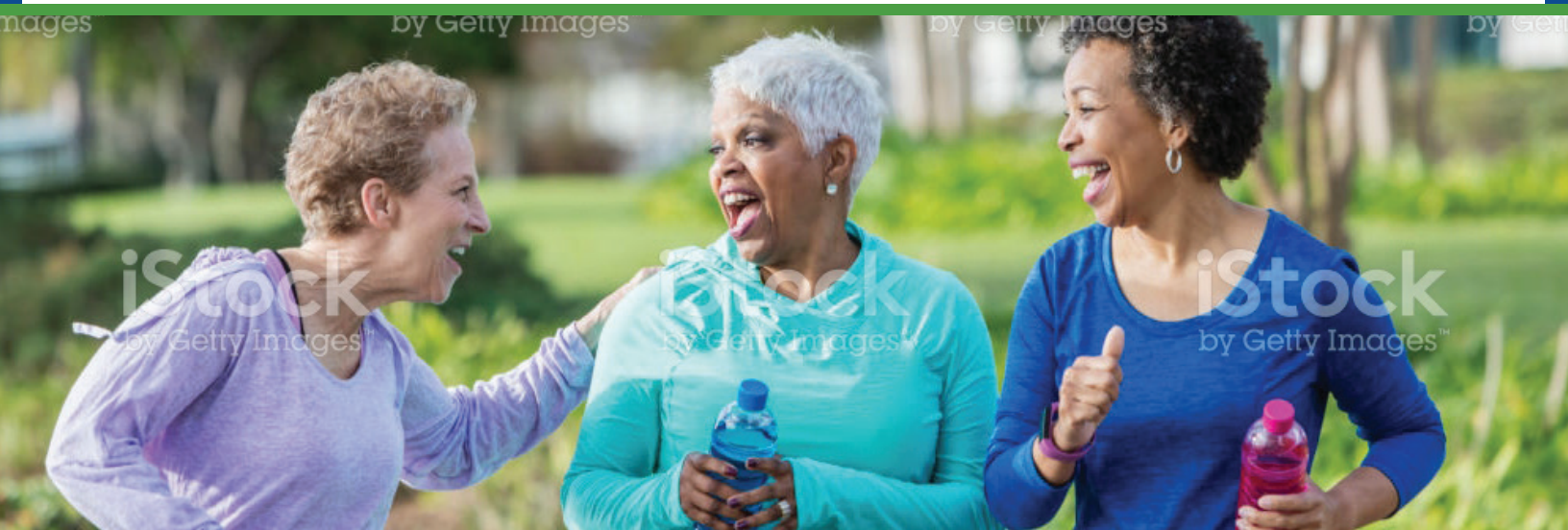


JOIN BEAUMONT FOR WALKS IN STERLING HEIGHTS



WALK WITH A DOC

Join Beaumont doctors for a short, interactive health discussion followed by a walk.

Walks will be held at the Sterling Heights Senior Center. In the event of inclement weather the walk will be held the following Thursday.

July 12, 9:30 a.m.

How to optimize sleep

Aug. 9, 6 p.m.

Using diet to improve health

Sept. 13, 2:30 p.m.

Optimizing blood sugar

WALK WITH A CORE COP

After a short update on happenings in their Patrol District, a CORE cop will lead a walk through the park. Walks will occur rain or shine.

June 6, Noon at Franklin Park

Officer Donovan Leonard

June 18, Noon at Imus Park

Officer Lamer Kashat

July 11, 6 p.m. at Nelson Park

Officer Chris Moreau

July 17, 10 a.m. at Hampton Park

Officer Dustin Leak

Aug. 10, 11 a.m. at Chappelle Park

Officer Ryan Goddard

Aug. 17, 6 p.m. at Dodge Park

Officer Robert Wojciechowski

Aug. 21, 6 p.m. at Washington Square

Officer Brian Krueger



THESE EVENTS ARE FREE!

FOR ADDITIONAL INFORMATION CALL **248-964-0144.**