



Parks, Recreation and Culture

SENIOR WALKING CLUB

When: Thursdays 11/1/18 - 1/31/19, 9 to 10 a.m.

Except: 11/22/18, 12/6/18 and 12/27/18

Where: Gemini Springs, 37 Dirksen Drive, DeBary
(Meet at OK Corral, weather permitting)

Who: Open to all seniors 55+

Cost: FREE

Volusia County Parks, Recreation and Culture is leading a Senior Walking Club to:

- Encourage exercise
- Meet new people
- Increase physical activity
- Create a fun and safe cardiovascular program
- Achieve goals
- Promote good health

The group will be led by Recreation Superintendent Daniel Marsh. For more information, please contact him at 386-736-5953, ext. 16767.

