



www.movemore.org

~ WALK WARM this WINTER ~
Somerset County Indoor Walking

The gyms at these locations are available to the public for winter walking during the 2010-2011 School and Adult Education Calendar.

Walkers are asked to please change into a clean pair of indoor shoes and sign in before using the facilities.

- Canaan Elementary School 6:00-7:30 AM Mon-Fri
Margaret Chase Smith School 6:30-7:30 AM Mon-Fri
Skowhegan Area High School 6:30-7:30 PM Mon-Thurs
Mill Stream Elementary School Norridgewock 6:30-8:00 AM Mon-Fri
Skowhegan Community Center 6:00-10:00 AM Mon-Fri
Mercer Community Center 9:00AM-3:00 PM Mon, Wed, Thurs
Athens Elementary School 7:00-8:00 AM Mon-Fri
Madison Junior High School 7:00-7:45 AM Mon-Fri
Madison Area Memorial High 6:00-7:00AM Mon-Fri
Carrabec High School 6:00-7:00AM Mon, Tues, Wed, Fri
Forest Hills School, Jackman 6:15-7:15 AM Mon-Fri

For more information or to receive your Free "Move More" Information packet and pedometer, please contact: Kristie LeBlanc at Somerset Heart Health Phone: 474-7473 x. 204 or e-mail: kleblanc@rfgh.net

Do not let the cold weather keep you from staying active.
Walk warm this winter!



"Any person choosing to be involved in this program does so at his or her own risk. SHH strongly recommends that if you have a medical condition, or have not seen a health care provider in the past year you should do so before starting, or increasing your physical activity."