

Shooters Indoor Sports, Midlothian Va. 804-744-9570

WiWalk

CALLING ALL ACTIVE ADULTS

MONDAY, MAY 17, 2010

**LEAVING POWHATAN YMCA AT 9:00 am AND ARRIVING BACK
2:00 pm**

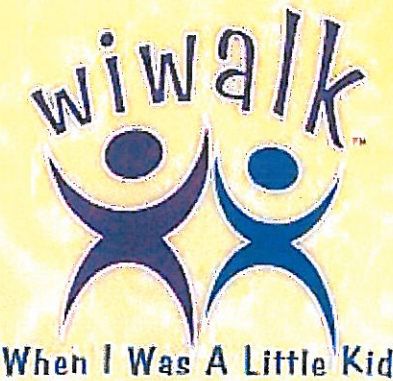
**ACTIVITIES AT THE WiWALK WILL INCLUDE LOOKUP
VOLLEYBALL; DECK HOCKEY; NINE HOLE MINATURE GOLF AND
BIG WHEEL RACING.**

**COST: \$25.00 PER PERSON WHICH INCLUDES A HOT LUNCH AT
THE WiWALK.**

PLEASE REGISTER AT THE FRONT DESK BY MAY 12TH.



**Questions, please see Carolyn Gillespie or call Elizabeth
Randolph Lewis Powhatan YMCA at 804-598-0250.**



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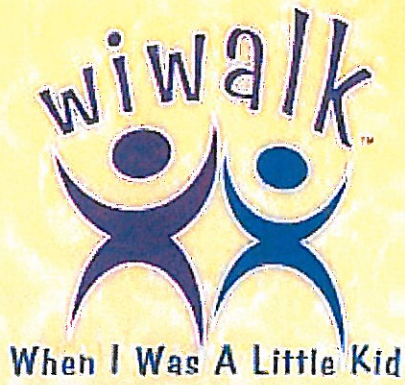
ABOUT THE WIWALK

Active living improves the overall health, appearance and mobility of older adults. **Fit seniors live longer**, remain in their own homes longer, and decrease their reliance on health care and social services.

Recent studies have proven that seniors who regularly participate in physical activities substantially **reduce** their risk of suffering from **coronary heart disease, diabetes, hypertension and osteoporosis.**

Walk pace activities **improve blood circulation and digestion, and also improve strength, flexibility and balance.**



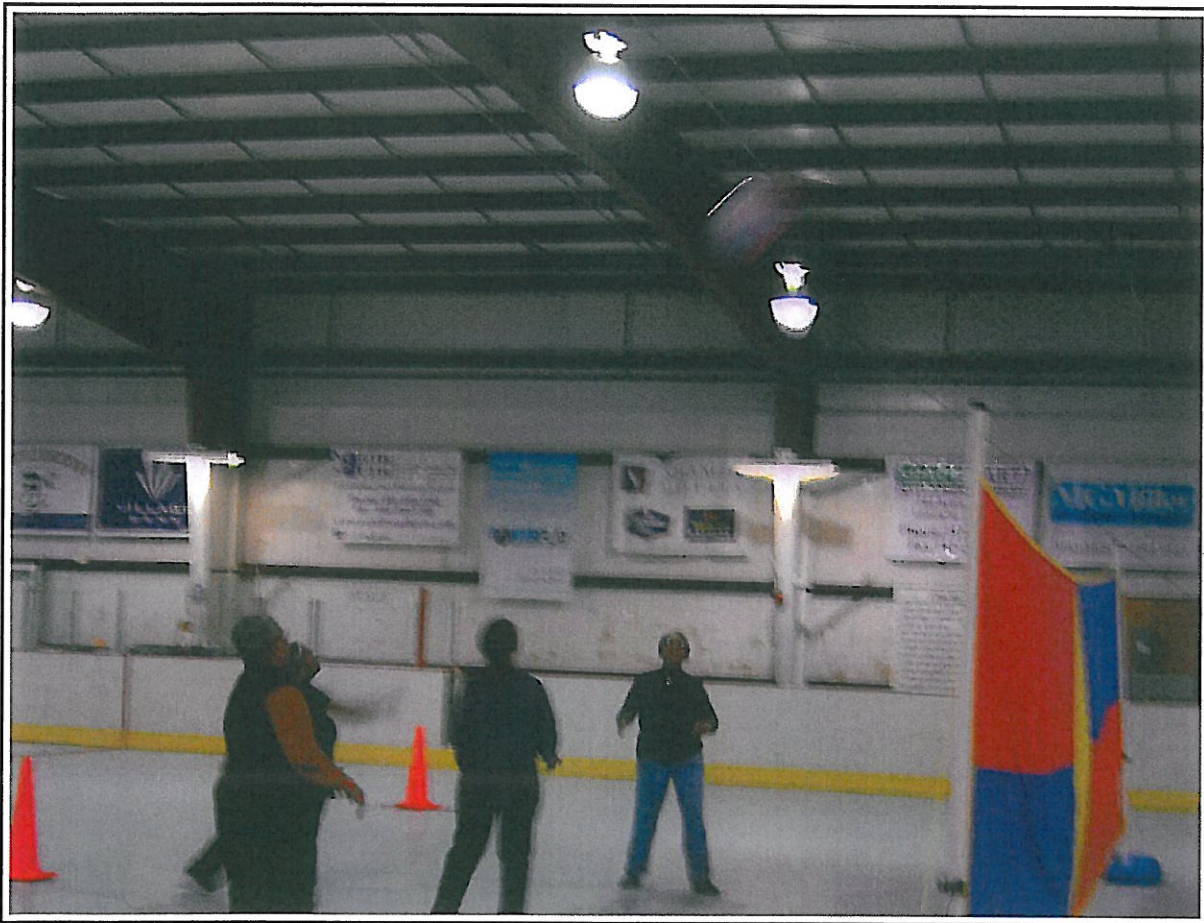


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PHOTO GALLERY > SENIOR PLAY GROUND:

Photo 2 of 27 12/27/2008



HOME TEAMS
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When I Was A Little Kid

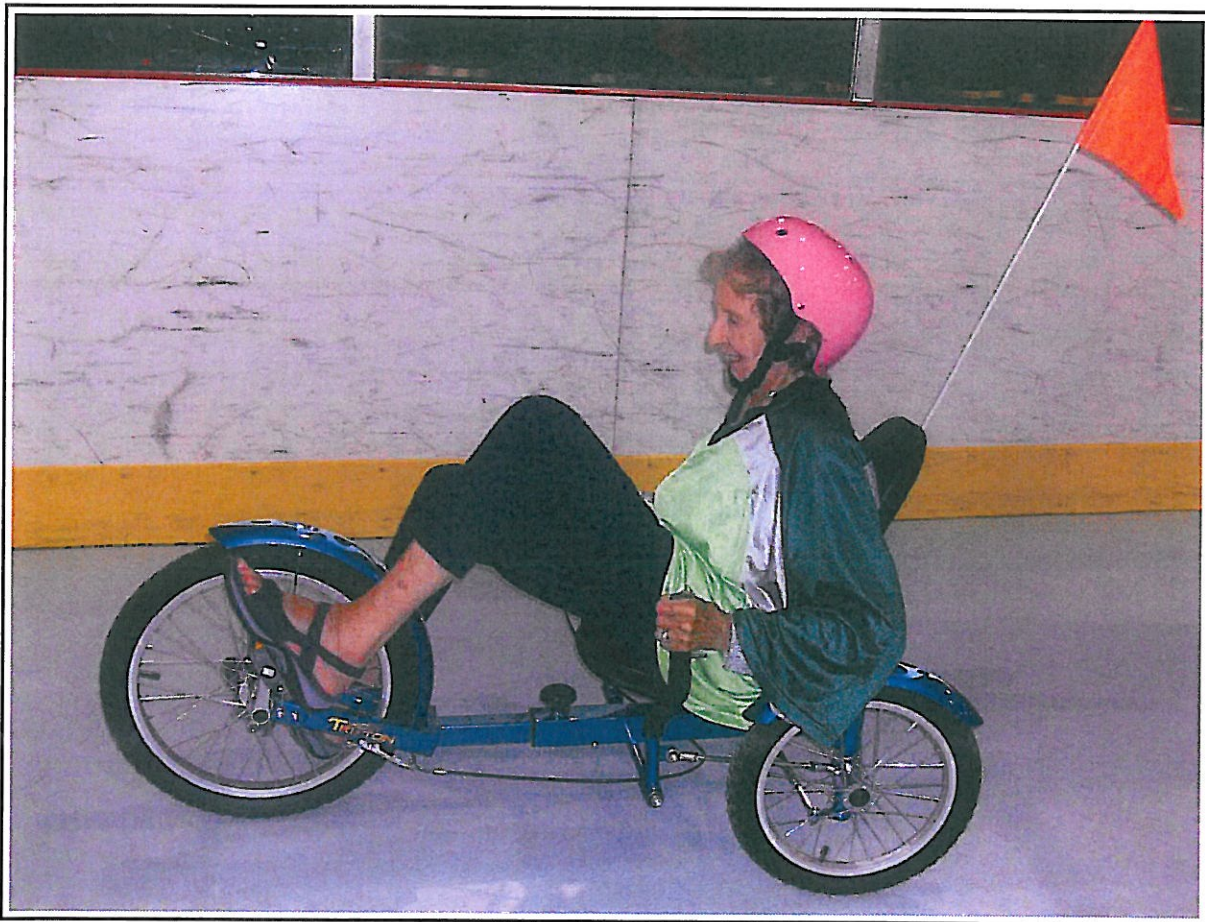
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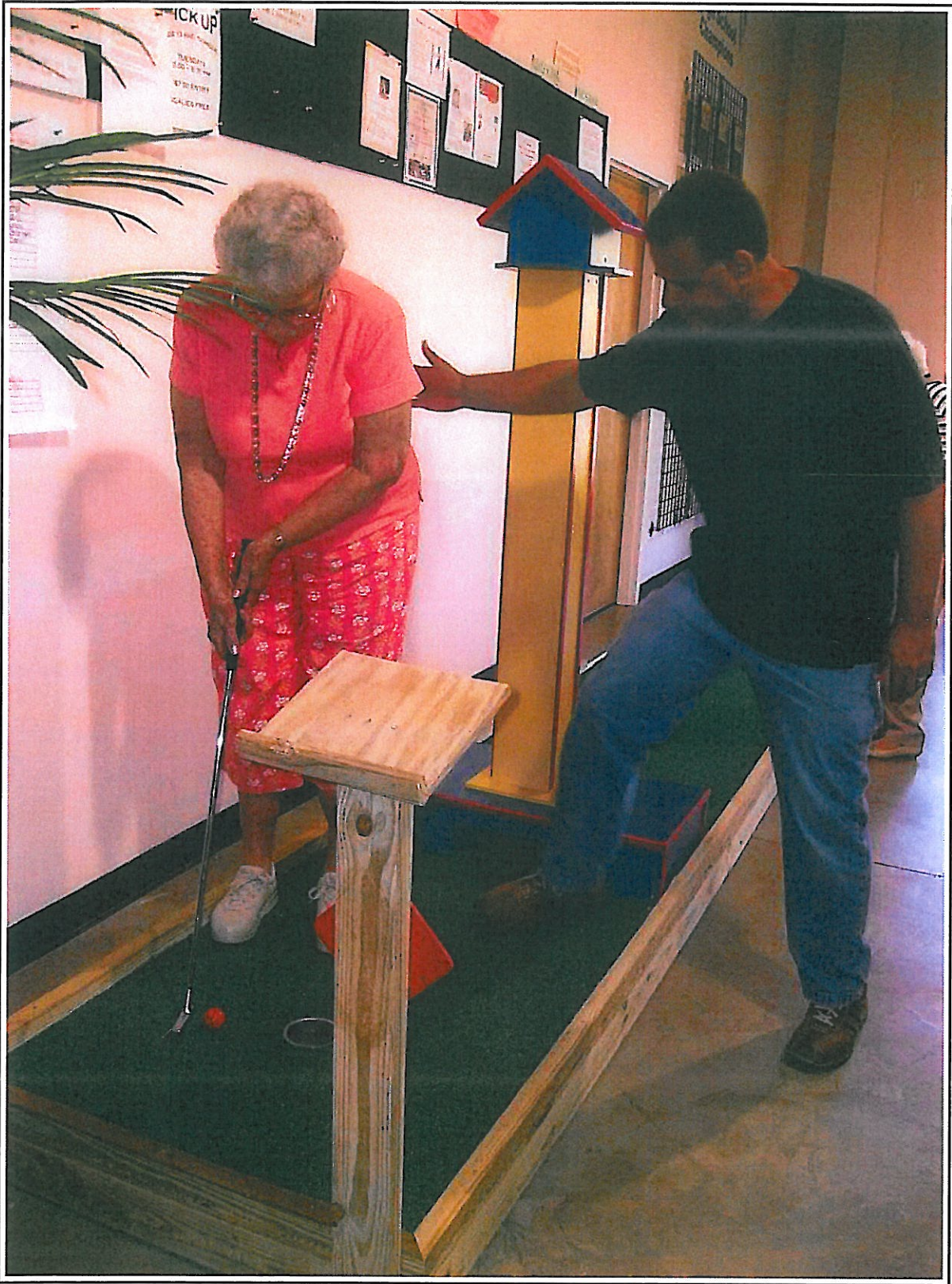
PHOTO GALLERY > SENIOR PLAY GROUND:

I LOVE THESE BIG WHEEL BIKES..THEY ARE FAST...

Photo 9 of 27 9/12/2008



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