



Wednesday, May 2, 2001

MBHEI teams with groups for Saturday Wellness Walks

Oakland University's **Meadow Brook Health Enhancement Institute** (MBHEI) is teaming with the Older Persons Commission and the Rochester Rotary Club to get people of all ages walking at the Saturday Wellness Walks, held the first Saturday each month.

The next walk is May 5 at 8 a.m. Walkers may choose from a 3.7-, 2.7- or 1.7-mile walk.

Experienced walkers may do the entire 3.7-mile walk, while intermediate and beginner walkers may join at the 2.7- or 1.7-mile pick-up spots. The 3.7-mile walk begins at 8 a.m. on the corner of Main and University. The 2.7-mile walk starts at 8:15 a.m. at Livernois and University and the 1.7-mile walk begins at 8:30 a.m. near West Middle School on Old Perch Road.

During the walks, exercise physiologists from the Institute circulate among the walkers to offer tips on walking style and effectiveness, including stride, stepping and arm movement. Afterward, the Institute's staff discusses various aspects of walking, such as how to buy proper shoes and how to deal with injuries. Healthy refreshments also are served.

No entry fee is required for early registration, but there is a \$3 per person or \$5 per family late registration fee. For more information, call MBHEI at (248) 370-3198.

SUMMARY

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Created by CareTech Administrator (webservices@caretechsolutions.com) on Wednesday, May 2, 2001

Modified by CareTech Administrator (webservices@caretechsolutions.com) on Wednesday, May 2, 2001

Article Start Date: Wednesday, November 26, 2003