

9:00AM -  
10:00AM

MEET @  
OAK PARK  
- MAGPIE  
PICNIC  
AREA



EVERY TUESDAY & THURSDAY  
ONGOING THROUGH AUGUST 2025

# TAKE STEPS TOWARD HEALTH WITH PARKRX!

OPEN TO ALL

- Guided, paved 1-mile walk-suitable for all fitness levels, with accessible routes for those using mobility aids (wheelchairs, walkers, etc.)
- Short health & nutrition education topics
- Food demos every 3<sup>rd</sup> Thursday of the month
- Community connection & health tips
- Fun, Friendly, and FREE!

REGISTER OR CHECK-IN  
BY 9:00 AM – WALK  
STARTS AT 9:10 AM

FOR MORE INFORMATION, CONTACT:  
**OAK PARK SENIOR CENTER**  
**209-937-7777**  
730 E. Fulton St., Stockton, CA 95204

