



Come Walk With US!

Catholic Charities Walking Club

Summer Walking Days

Mondays 11:50 -12:30

Thursday 11:50-12:30

Meet at 3629 Church Street, Latonia

The Walking Club will walk in the Latonia neighborhood.
1.08-1.90 miles; Restroom and water fountain available.

Check out www.CovingtonCharities.org for updates or changes in schedules

All Are Welcome!

Kentucky Health Issues Poll in 2016 asked Kentucky adults to name the most important thing they could do to improve their health. The most common response: Nearly 3 in 10 adults said they could **increase exercise** to improve their health. Regular exercise can help reduce the risk of cardiovascular disease, diabetes and some cancers, and increase a person's chance of living longer.

