

Come learn about how Let's Walk can Enrich your life with activity. June 20, at 3:30

Free walking companion service

Walkers:

- Use any device you need to walk safely: cane, walker, rollator, upright walker, ect
- Volunteers all have photo badges
- Positive social interaction
- Time outside
- Improved mobility
- Decreased fall risk
- Must pass fall risk screen administered by therapist

Walking has been shown, through studies by the American Heart Association, the Diabetes Foundation, the Arthritis Institute, cancer prevention programs and mental health studies, to slow or prevent disease processes.

Contact us to set up a training session for volunteers or to have a walker assessed for the program by calling 843 864-9295 or you can complete the signup link on the webpage: www.letswalk.us..

We look forward to walking together!

"Enriching lives with activity"



Contact: Lynn McCollum-Lasher

843 864-9295

lynn@letswalk.us

Website: letswalk.us

Volunteers:

- Must have background check and complete 1 hour of training
- Short, flexible time commitment
- Positive social interaction
- Time outside
- Never go into the home, meet walkers at their door
- Document walk with walking tracker app and share it with the office to add to the walkers log
- An opportunity to help your neighbor

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