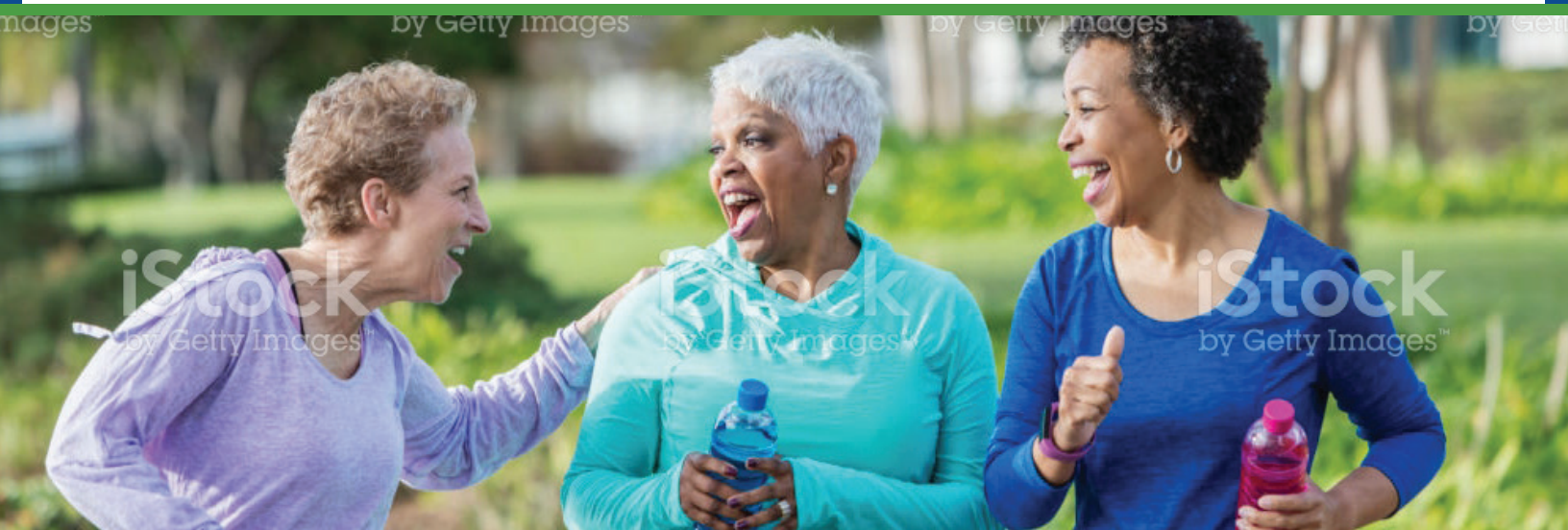


# JOIN BEAUMONT FOR WALKS IN STERLING HEIGHTS



## WALK WITH A DOC

Join Beaumont doctors for a short, interactive health discussion followed by a walk.

Walks will be held at the Sterling Heights Senior Center. In the event of inclement weather the walk will be held the following Thursday.

**July 12, 9:30 a.m.**

**How to optimize sleep**

**Aug. 9, 6 p.m.**

**Using diet to improve health**

**Sept. 13, 2:30 p.m.**

**Optimizing blood sugar**

## WALK WITH A CORE COP

After a short update on happenings in their Patrol District, a CORE cop will lead a walk through the park. Walks will occur rain or shine.

**June 6, Noon at Franklin Park**

**Officer Donovan Leonard**

**June 18, Noon at Imus Park**

**Officer Lamer Kashat**

**July 11, 6 p.m. at Nelson Park**

**Officer Chris Moreau**

**July 17, 10 a.m. at Hampton Park**

**Officer Dustin Leak**

**Aug. 10, 11 a.m. at Chappelle Park**

**Officer Ryan Goddard**

**Aug. 17, 6 p.m. at Dodge Park**

**Officer Robert Wojciechowski**

**Aug. 21, 6 p.m. at Washington Square**

**Officer Brian Krueger**



**THESE EVENTS ARE FREE!**

FOR ADDITIONAL INFORMATION CALL **248-964-0144.**