



## Walking Group Leader Open Public Meeting

Thursday, October 10th at 1 PM  
Butler County Community Resource Council,  
644 Charles St, Poplar Bluff, MO



Join us and make an  
impact!

### Are you interested in creating a healthier community?

Join us for an informative meeting  
about being a **walking group leader**  
in your community. Walking group  
leaders will be given monthly gift  
cards **(\$50-100)** for their effort!

### Benefits from Walking

- Increased Energy and Stamina
- Relieve Stress and Improve Mood
- Sleep Better
- Improve Balance and Coordination
- Spend Time Outdoors with Family and Friends
- Reduce Cancer Risk
- Prevent or Manage Chronic Conditions



Call (573)870-0113 for more information.