

*Young at Heart  
East End House*



**Are you looking for a way to stay active and socially connected?**

**Join our Walking Club!**



*The Walking Club meets at  
East End House  
Wednesday Mornings  
**9:30am***

**Coffee and snacks**

**Socialize with your neighbors**

**Feel more energized!**

**Track your steps with a free pedometer**

For more information, contact Emily at 617-876-4444 or [Emily@eastendhouse.org](mailto:Emily@eastendhouse.org).



Come to East End House, 105 Spring Street, Cambridge  
on **Wednesdays at 9:30am** for the Walking Club!

*Young at Heart  
East End House*



**Are you looking for a way to stay active and socially connected?**

**Join our Walking Club!**



*The Walking Club meets at  
East End House  
Wednesday Mornings  
**9:30am***

**Coffee and snacks**

**Socialize with your neighbors**

**Feel more energized!**

**Track your steps with a free pedometer**

For more information, contact Emily at 617-876-4444 or [Emily@eastendhouse.org](mailto:Emily@eastendhouse.org).



Come to East End House, 105 Spring Street, Cambridge  
on **Wednesdays at 9:30am** for the Walking Club!