

# WALKING WITH LESLIE SANSONE DVD's



Join us on Mondays & Wednesdays at 5:00 p.m.

Lower Level of the Parish Office

Beginners, Intermediate, Advanced - It's all up to you!

All are invited.

## 12 Benefits of Walking

1. Lose Weight

2. **Healthy Heart**

3. Increase Self-Esteem

4. **Tone Muscles**

5. Increases Metabolism

6. **Reduces Stress**

7. Improves Mood

8. **Increased Energy**

9. Decrease chance of injuries

10. **Low Impact**

11. Reduce risk of High Blood Pressure

12. **Builds Lean Muscle**

<http://www.developgoodhabits.com/10000-steps-blueprint>

Begins September 11<sup>th</sup>!

September 18, 25

October 2, 7, 14, 16, 21, 23,  
28

November 4, 6, 13, 18, 25, 27

December 2, 4, 9, 11, 16

Holiday Break begins. Resumes January 6<sup>th</sup>, 2020

Please call the Parish Office:  
216-662-8685 when it is  
your first time joining or any  
questions.