



AARP FIT PHELPS

**WALK THE WORLD**

**KICK-OFF**

**ROLLA**

Join the Fit Phelps/AARP  
8-Week Walking Program!

Wednesday, September 3, 2008  
5:30 p.m.

The Centre in Rolla  
(1200 North Holloway)

Join this fun, 8-week, walking program where you keep track of your steps, improving your fitness and health while *"reaching destinations around the globe."*\*

Program is FREE and  
Open to EVERYONE

Free Step Counters And Walking Logs

If you would like to participate or have questions, please call Bruce at  
1-888-541-4636 or (573) 368-2849

\*As figured by your accumulated number of steps/mileage.