



**MAY 2024  
NEWSLETTER**

## **MAY IS NATIONAL WALKING AND MONTH**

National Walking Month, observed in May, encourages people to embrace the benefits of walking for their physical and mental health. Walking is a simple yet effective form of exercise that can be enjoyed by people of all ages and fitness levels. It helps to improve cardiovascular health, strengthen muscles, maintain a healthy weight, and reduce the risk of chronic diseases like heart disease and diabetes. Additionally, walking outdoors in nature can have positive effects on mental well-being by reducing stress, anxiety, and depression. Whether it's a leisurely stroll in the park or a brisk walk around the neighborhood, National Walking Month reminds us to step outside and enjoy the many benefits of walking for our overall health and well-being.

### **JOIN US EVERY WEEK**



#### **Senior Walking Club**

**EVERY WEDNESDAY**  
**STARTING APRIL 10TH 2024**  
10:00AM - 11:00AM

**Dr. James R. Smith Center**  
1723 Bruton Blvd, Orlando, FL 32805  
**Call now to RSVP 407-246-4477**





**MAY  
UPCOMING  
EVENTS**



**FREE 6 WEEK COURSE**

**CHICAGO STEPPING**

**DANCE CLASSES 1:00 - 2:30PM**

WITH FLORIDA STEPPERS INTERNATIONAL INSTRUCTOR MR. WALTER C. LANE

**MAY 6TH | MAY 13TH | MAY 20TH  
JUNE 3RD | JUNE 10TH | JUNE 17TH**

CALL NOW TO RSVP 407-349-8155

**METRO HEALTH OF EAST ORLANDO**  
Dedicated Primary Care for Seniors  
10025 EAST COLONIAL DR ORLANDO, FL 32817

**CRAFTY CORNER: STEPPING STONES**  
ROCK PAINTING AND AFFIRMATIONS FOR MENTAL HEALTH AWARENESS MONTH

**May 14 2024**  
11:30am - 12:30pm

RSVP BY CALLING 407-803-4622

**METRO HEALTH OF METROWEST**  
Dedicated Primary Care for Seniors  
6150 METROWEST BLVD SUITE 307 ORLANDO, FL 32835

**BINGO!**

ADDRESSING FACTS ABOUT DEMENTIA AWARENESS

**MAY 16TH 2024**  
11:00AM - 12:00PM

CALL NOW TO RSVP 407-803-4622



JOIN NOW AND RSVP AT  
[GOLDENTIMERSCLUB.COM](http://GOLDENTIMERSCLUB.COM)



**GTC ACTIVITY DAYS AT METRO HEALTH**

**METRO HEALTH OF APOPKA**  
Dedicated Primary Care for Seniors  
701 S. ORANGE BLOSSOM TRAIL  
APOPKA, FL 32703

**METRO HEALTH OF EAST ORLANDO**  
Dedicated Primary Care for Seniors  
10025 EAST COLONIAL DR  
ORLANDO, FL 32817

**MAY 13 2024**

**MAY 27 2024**