

Walk your way to good health!

Des Plaines Walking Club

Presented by

Chiro One Wellness Centers of Des Plaines



Open to participants of the Des Plaines Pounds Down Program



Walk with us through Des Plaines on Tuesday and Thursday Evenings and Saturday Mornings

Start: Chiro One Wellness Centers of Des Plaines
653 Metropolitan Way (Metropolitan Square)
224.567.6160

Led by Dr. Sarah Ghorbanian and friendly staff

When: Tuesdays & Thursdays at 6:30 pm (starting July 22)
Saturdays at 8 am (starting August 9)

Walk 1 mile and 3 mile courses through the City of Des Plaines. You choose which you would like to do.

Also, take a walk with the City Council! Mayor Tony Arredia and Alderman Carla Brookman will join us once a month to support the Des Plaines Pounds Down Program.

Walkers do not need to be participants in Pounds Down Program. Open to all walkers in the community.
Wear comfortable shoes and clothing.