

The Soprema Senior Center presents

The 2020 Walking Challenge

Tired of sitting at home during quarantine? Join the Soprema Senior Center for our eighth annual Walking Challenge! Set a personal goal and boost your mood with exercise endorphins, beautiful fall scenery, and fun contests!

Track your miles as you walk. Then report your mileage to the SSC each week and be entered into a prize drawing.

To sign up, contact us at ssc@wadsworthcity.org or **330-335-1513**. We will send an invitation to our Virtual Kick Off Meeting, weekly motivational emails, and details about our activity challenges!

We may not be able to physically gather, but we can still work together to reach our group goal of **20,000 miles!**



**Mileage
Reveal
via Zoom**

**Friday,
Nov. 13
1:00 pm**



**Senior
Walking
Challenge**

Sept. 1 - Oct. 31