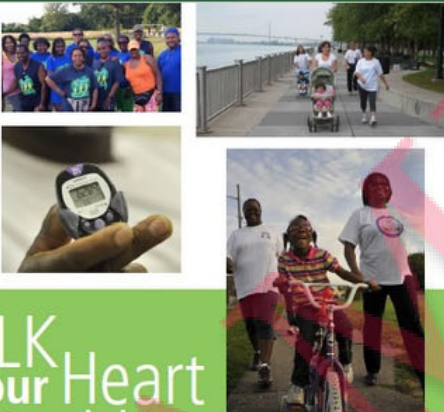


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https://www.hepdetroit.org


Interested in starting a walking group?
Please check out the **Walk Your Heart to Health Manual!**



WALK your Heart to Health™

A Step-by-Step Guide to Establishing Walking Groups in Your Community

AUTHORS: Cindy Gamboa, Sharon L. Sand, Rebecca Weiland, A. Camille McBride, Megan Rigney, and Amy J. Schulz
on behalf of the Healthy Environments Partnership



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