This wellness program provides seniors with a walking buddy. It is designed to promote social engagement and to provide a safe healthy form of exercise, all of which leads to healthy aging.

GREAT OPPORTUNITY

Walking Buddies offers RSVP volunteers, age 55 and older, the chance to serve as a:
- coach,
- companion,
- and motivator.

Your role will be to pair up walkers and coordinate and schedule safety walks 2-3 times a week for at least six weeks.

Start today to WALK For WELLNESS!

Contact: Carrie Limeburner, RSVP Coordinator: (207)-262-7924

The University of Maine, Orono Campus, is an equal opportunity/affirmative action institution.