

Fall 2015



A WALK in the PARK

Guided walks for all ages in the beautiful Erie County parks!

September 12 – Sprague Brook, Casino

September 19 – Chestnut Ridge, Casino Meeting Room

September 26 – Como Lake Park, Casino

October 3 – Ellicott Creek Park, Casino

October 17 – Akron Falls, Cummings Lodge



**WELLNESS INSTITUTE
OF GREATER BUFFALO**



Registration 9:00 am on Site. Meeting places posted at entrance.

- Health Screenings** - blood pressure, BMI & more.
- Smoking cessation** services and products.
- Visits** from the Parks Commissioner or Mounted Police.



716-858-7226 or 716-851-4052 www.erie.gov/health or www.erie.gov/parks