

THE BIG SENIOR STROLLERS 2014

TEN YEARS OF WALKING!

Since 2004, the Big Apple Senior Strollers have been piling up millions of steps as they walk across New York City.

The Strollers will begin its tenth anniversary year on National Walking Day, Wednesday, April 2nd. National Walking Day is sponsored by the American Heart Association. For more information, go to www.heart.org and type in National Walking Day. The Department urges all chapters of the Big Apple Senior Strollers to kick off the 2014 season on April 2nd.

The Department will host a series of breakfast orientation meetings for center directors in March. The schedule appears on the attached registration form. Please indicate all of the sessions that you are free to attend. All of the sessions, which will explain how to qualify the walking clubs as an evidence based activity, will be identical. Placement in the sessions will depend upon space and availability. The sessions will run from 9:30 until 11:30.

Confirmation and travel directions will be sent by e-mail.

HOW TO JOIN

THE BIG SENIOR STROLLERS

All clubs, whether current or new, must register with us in 2014.

Click here: [**REGISTRATION FORM**](#)

For more information, call 212-602-4309

DEADLINE FOR REGISTRATION :

FRIDAY, FEBRUARY 28TH