

# IDLEWILD HEALTH WALKS

## Did you know that walking can help improve symptoms of dementia?

Studies have shown that “green exercise” is important for well-being and can benefit people living with dementia. Come join the Sanford Center for Aging and Truckee Meadows Parks Foundation for our weekly nature-based health walks specifically designed for individuals living with dementia and their care partners. These walks are meant to encourage socialization and physical activity while fostering an appreciation for nature.



Walks are held every Tuesday at 10:00 a.m. and will begin and end at the Truckee Meadows Parks Foundation office in Idlewild Park, located at

**50 Cowan Drive, Reno, NV, 89509**

For more information, please call our Community Wellness Program Department at:

**(775) 784 1583**

The Idlewild Health Walk is funded by a partnership between:



University of Nevada, Reno  
**School of Medicine**  
Sanford Center for Aging



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