

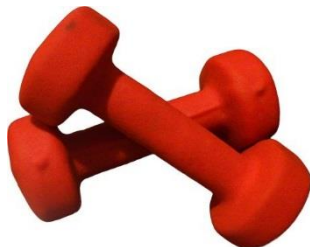
Get Moving in Lake County

Fitness Facilities

St. Ann's Senior Center	Exercise equipment available, open to all ages. Call for initial visit orientation. Monday-Friday 8am-4pm	(231) 745-7201	Next to St. Ann's Church Baldwin, MI
Hollister Senior Center	Exercise classes are offered for seniors three days a week, for 30 minutes. Call or walk in for information.	(231) 745-3843	1505 N. Michigan Ave Baldwin, MI 49304

Places to Walk

Grace Lutheran Church Pavilion	Every Day but the 4th Tuesday of the month	(231) 745-7521	8636 S M 37 Baldwin, MI 49304
Yates Twp Hall	Monday- Thursday 10-2 in the gym	(231) 745-2960	6437 S. Nelson, Baldwin, MI 49304
North Country Trails Association Spirit of the Woods Chapter	We are a chapter of the North Country Trail Association in northern lower Michigan. We maintain about 80 miles of		northcountrytrail.org
Pere Marquette Rails to Trails	Paved rail trail.		Trail head located at the corner of 9 th and Cedar via M37 Downtown Baldwin
Community Family Youth Park	1/2 mile paved ADA trail, along with playground, baseball		Located off M-37 5 miles north of Baldwin
Baldwin Community Schools	Allows community to use outdoor track.	(231) 745-479	525 4th St Baldwin, MI 49304



LIVE  WELL



**District Health
Department #10**
Healthy People. Healthy Communities