



WALK THIS WAY

Pontiac Oaks Walking Series



10-11 a.m.

Thursdays, Sept. 24, Oct. 1, Oct. 8, Oct. 15, Oct. 22 and Oct. 29, 2026

Pontiac Oaks Park, 1400 Telegraph Road, Pontiac, MI 48340 - Meet at the boat launch parking lot

Connect with your community through outdoor fitness

Join us for a six-week walking series featuring themed walks focused on mindfulness, pacing, balance and strength. Build healthy habits and enjoy time outdoors. Select sessions will also feature “Walk and Talk” guest experts sharing wellness insights, practical tips and community resources in a relaxed, conversational setting.

Cost: \$10 for all six weeks

Register by Thursday, Sept. 10, 2026

Registered participants receive a reusable water bottle

Call 248-221-8040 for program questions

Register by visiting OaklandCountyParks.com or calling 248-858-0916

Scan QR code to register now



<https://bit.ly/4yLHiAR>

