

A promotional poster for the Walktober Fitness Challenge 2023. The background is a photograph of a paved path winding through a green park. At the top left, a green banner reads "Carl Shechter Southwest Focal Point Community Center". In the center, two green stick figures are walking, with the text "Walktober Fitness Challenge 2023" overlaid. Below this, it says "Registration is FREE at the Carl Shechter Southwest Focal Point Community Center for those over 60." At the top right, another green banner says "Walk With A Certified Instructor! Every Monday 8:30am - 9:30am". To the right of this is a photo of a group of people walking on a path. Below the photo, a black box with white text says "October 1 - October 31 Located at: 301 NW 103rd Ave". At the bottom left is the City of Pembroke Pines logo. At the bottom center, a black box with white text says "For More Information: Please Call 954-450-6888 To Join The Walk: Register at the Activities Desk and Pick Up Participant Package".

Carl Shechter Southwest Focal Point
Community Center

**Walktober
Fitness Challenge
2023**

Registration is FREE at the Carl Shechter
Southwest Focal Point Community Center
for those over 60.

Walk With A Certified Instructor!
Every Monday 8:30am - 9:30am

October 1 - October 31
Located at: 301 NW 103rd Ave

The City Of
PEMBROKE PINES

For More Information: Please Call 954-450-6888
To Join The Walk: Register at the Activities Desk and Pick Up Participant Package

For Immediate Release

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Walktober Fitness Challenge 2023

Pembroke Pines, FL (September 26, 2023) – The Carl Shechter Southwest Focal Point Community Center is hosting its annual *Walktober* to celebrate National Walking Month. The fitness challenge will begin October 1, 2023 and end October 31, 2023 at the Carl Shechter Community Center, located at 301 NW 103 Ave.

Event Details

Walktober, designed to inspire everyone to make walking a priority in October and beyond, encourages walking 31 minutes every day for the 31 days in October.

Every Monday from 8:30 am – 9:30 am a certified instructor will guide participants through stretches, fitness tips, walking, and more.

The program is designed to guide members through the benefits of walking and inspire them to make walking a priority year-round. There will be free prizes at the end of the month based on performance and a free raffle drawing at the end of the month for all registered participants. It is free to participate for registered Center members only. **Members may register at the Activities Desk and pick up their Participant Package. Becoming a member of the Center is free and can also be done at the Center.**

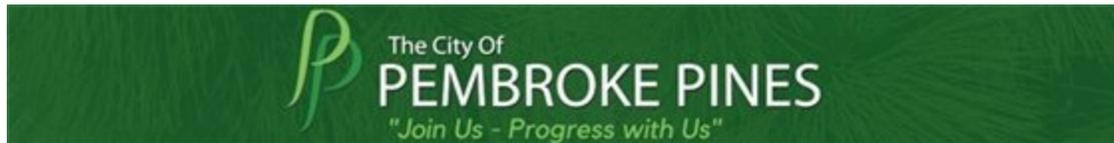
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digital signage, or by visiting the City's Facebook page at www.facebook.com/cityofpembrokepines, and @cityofppines for Twitter and Instagram, as well as the city's website at www.ppines.com. Residents with Comcast can view Pembroke Pines Media programming on Channel 78, and residents with AT&T U-Verse can view programming on Channel 99 and click on Pembroke Pines TV.



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