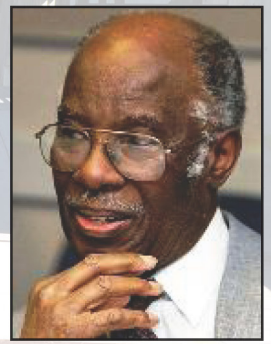


# Winston Gaskin Community Walk for Wellness & Stroke Prevention

Join us for our 1st-ever trek along Onondaga Creekwalk

**Saturday, September 17, 2016**

*Participants complete 5.4 mile-route beginning and ending at the creekwalk's Armory Square Trailhead, across from the MOST downtown*



| Winston Gaskin

**Registration fee \$15**  
Sign-up from 8:30 to 9 a.m.  
day of walk or in advance  
online at <http://bit.do/cc4Xs>

100

BLACK MEN  
OF SYRACUSE INC.

## Also, Zumba Series

**\$5 Classes held at Pulse Fitness Studio until Sept. 14**  
**Located at 713 W. Fayette St., just west of downtown**  
**For class times, call (315) 436-3488**

With support from  
 **CROUSE HOSPITAL**  
*Your care. In our hands.*

For more, contact **Charles Anderson**,  
100 Black Men of Syracuse Health & Wellness Chair,  
at [charlesanderson5@mac.com](mailto:charlesanderson5@mac.com) or (315) 200-7847

**Lower  
your  
risk of  
stroke**

**by following  
these steps**

- **Don't Smoke**
- **Lose weight**
- **Get moving -  
30 minutes a day**
- **Prevent or  
control diabetes**
- **Eat a healthy diet**

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If you think you or someone is having a stroke  
**Call 9-1-1 immediately - *don't wait!***