

# Health Bulletin

## Walking has been found to do the following:

- Manage weight
- Control blood pressure
- Decrease risk of heart attack
- Lower risk of stroke
- Improve sleep
- **Help children affected by AIDS in South Africa\***

\*Join G.R.A.C.E. Youth Group from Fairfax Presbyterian Church on April 25 between 8:30 a.m. and 6:40 p.m. to participate in their 25 hour and 40 minute walk through Fairfax, VA to help them construct a kitchen to provide daily nutrition for children in Ivory Park, South Africa, affected by AIDS. Come for however long you want to walk!

For more info, contact Fairfax Presbyterian Church at (703) 273-5300 or visit [www.fairfaxpresby.com](http://www.fairfaxpresby.com)

