

Center	Center Location	Walking Group	Walking Days & Times	Peer Health Coaches	Contact Info
Norman Park Senior Center (619) 409-1930 <i>Aaron Ruiz</i>	270 F St, Chula Vista, CA 91910	Chula Vista Walks	Tuesday & Thursdays* 9:30am-10:30am	Diana Milburn	luismom@mac.com
				Madeleine Corbeil	madeleinecorbeil3@hotmail.com
Fourth District Seniors Resource Center (619) 266-2066 <i>Rosemary Pope</i>	570 S 65th St, San Diego, CA 92114	Glide 'N Stride	Monday & Wednesdays 11:00-12:00pm	Beverly Henry	saltshaker56@att.net
				Alford Claiborne	alford_c@msn.com
Neighborhood House Senior Center (619) 263-2108 <i>Mia Hall</i>	795 S Boundary St, San Diego, CA 92113	Pep 'N Step	Monday & Wednesdays 9:30-10:30am	Anthony Morris	b-morris@att.net
Spring Valley Community Center (619) 479-1832 <i>Joanne McGhee</i>	8735 Jamacha Blvd, Spring Valley, CA 91977	H.E.A.L.T.H in Spring Valley	Tuesday & Thursdays* 9:00-10:00am	Michael Jackson	mjackson8105@gmail.com

St. Charles Nutrition Center (619) 423-2877 <i>Melissa Viramontes</i>	945 18th Street San Diego, CA. 92154	Blazing Turtles	Tuesdays & Thursdays 9:30-10:30am	Nancy Hillger	nh1386@hotmail.com
Lakeside Community Center (619) 443-9176 <i>Ashley Westbrook</i>	9841 Vine St, Lakeside, CA 92040	Heart and Sole Lakeside Walkers	Tuesday & Thursday 9:00-10:00am	Kathryn Goetz	kathryn.goetz@att.net
Gary & Mary West Senior Wellness Center (619) 235-6572 <i>Tim Ruis</i>	1525 Fourth Ave Suite 200, San Diego, CA 92101	Stepping for Fitness	Tuesday & Thursdays 8:30-9:30am	Ted Wills	teddubelu@hotmail.com