

Wellness Walks!!

FREE!

Monday Evenings
February 1st—March 28th
6:00 p.m.

Stretching assistance
will be provided at
every walk!!!

Fred Cone Park 2841 E. University Avenue Gainesville, FL 32641

**Please call Erica Barnard at (352) 334-7962 with any questions*

- Week 1 – February 1: **Activity Guidelines**—benefits without injury
- Week 2 – February 8: **Aches and Pains**—feel better without medicine
- Week 3 – February 15: **Heart Health**—prevention of heart attack/stroke
- Week 4 – February 22: **Osteoarthritis**— take care of your joints
- Week 5 – February 29: **Make Health a Habit**— tips to stay on track
- Week 6 – March 7: **Diabetes**—Do you have it? What do you do?
- Week 7 – March 14: **Nutrition**—easy steps to eating better
- Week 8 – March 21: **Aging and Exercise**—why is it important to keep moving
- Week 9 – March 28: **Future Fitness**— you're too fit to quit

If it is raining or there is thunder and lightning at 5:45—the walk will be cancelled.

