

Wellness Walks!!

Monday Evenings

June 1st —July 6th
6:30 p.m.

PRIZES!

FREE!

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

**Please call Kourtney Oliver at (352)334-8889 with any questions*

- Week 1 – June 1: Nutrition and Setting Weight Loss Goals
- Week 2 – June 8: Proper Hydration and Nutrition
- Week 3 – June 15: Diabetes
- Week 4 – June 22: Foot care
- Week 5 – June 29: Increasing Activity
- Week 6 – July 6: Strengthening your body

Stretching assistance
will be provided at
every walk!!!

If it is raining or there is thunder and lightning at 6:15—the walk will be cancelled.

