

Winter Wellness Walks!

Monday Wellness Walks
January 26th—February 23rd
6:00 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 – January 26: Kickoff and Stretching
- Week 2 – February 2: Stretching
- Week 3 – February 9: Heart Health
- Week 4 – February 16: Foot care
- Week 5 – February 23: Future Fitness-Finale



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