

Wellness Walks!!

Monday Evenings

May 15th —June 26th

6:30 - 8:00 pm

FREE!

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*

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|-------------------|---|
| Week 1 – May 15: | Nutrition and Setting Weight Loss Goals |
| Week 2 – May 22: | Proper Hydration and Nutrition |
| Week 3 – June 5: | Diabetes |
| Week 4 – June 12: | Foot care |
| Week 5 – June 19: | Increasing Activity |
| Week 6 – June 26: | Strengthening your body |

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

