



# ARE YOU UP TO THE GAITOR CHALLENGE?

Join UF's Doctor of Physical Therapy students and Alachua County's Department of Health for weekly wellness walks!

Gaitor Challenge is held on Monday evenings in Gainesville's historic Duck Pond District at beautiful Roper Park (weather permitting). Bring your family, friends, and pets to meet others in the community who share your health and fitness goals. We look forward to seeing you soon!



FREE WELLNESS  
WALKS

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MONDAY EVENINGS  
5:30-7:30 PM

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SUMMER DATES  
June 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>  
July 1<sup>st</sup>, 8<sup>th</sup>

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At **ROPER PARK**  
*(Just south of the  
Thomas Center on  
NE 2<sup>nd</sup> St.)*

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STRETCHING, HEALTH  
TIPS, AND GOAL  
SETTING

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**QUESTIONS?**

[gaitorchallengept@gmail.com](mailto:gaitorchallengept@gmail.com)

(352) 612-1887