Wellness Walks!!

Monday Evenings
June 1st — July 6th
6:30 p.m.

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

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

Stretching assistance will be provided at every walk!!!