Wellness Walks!!

Monday Evenings
May 15th — June 26th
6:30 - 8:00 pm

Fred Cone Park
2841 E. University Avenue Gainesville, FL 32641
*Please call Erica Barnard at (352) 334-7962 with any questions

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.