

# WALKING WEDNESDAYS

**-AUGUST SCHEDULE-**



August 7- 15 minute walk

August 14- No walk

August 21- 15 minute walk

August 28- 15 minute walk



Join Healthy Lifestyles every Wednesday at 3:00 PM on the 3rd floor Sky Bridge for a 15-minute walk around the Government Center!

"But the beauty is in the walking -  
we are betrayed by the destinations."  
-Gwyn Thomas

