



WALKING WEDNESDAYS

-JUNE SCHEDULE-

JUNE 5- 15 MINUTE WALK

JUNE 12- 15 MINUTE WALK

JUNE 19- 15 MINUTE WALK

JUNE 26- 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!**

**"All truly great thoughts
are conceived by
walking."**

-Friedrich Nietzsche