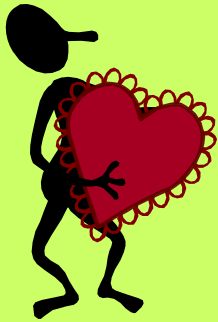


# Lunch Hour Walking

Monday- Thursday

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Time: 11:45am– 1:00pm

Days: Mon, Tues, Wed & Thursdays

Location: Garden Village– Band Office

## Did You know?

Just 30-60 minutes of walking a day can:

- Lower your Blood pressure
- Reduce your risk of heart disease by 30-40%, and diabetes and stroke by 50%.



## Join In

### Dates:

Mondays: February 6, 13 & 27th

Tuesdays: February 7, 14, 21 & 28th

Wednesday: February 1, 15, 22 & 29th

Thursdays: February 2, 9, 16, & 23th

*\*Please wear indoor running shoes*

Please contact Ashley C at 753-6971 for further program details