

 **OUR WHOLE COMMUNITY, INC** 

Walking Club

KICKOFF – SATURDAY, FEB 6, @ 9:00 am

It's a New Year! A Perfect Time to Commit to making more healthy choices for your physical and mental well-being. We want to help motivate and inspire you in your renewal. A small first step could be to join our weekly Walking Club. Meet and connect with others who are also committed to getting healthy in a casual and stress-free environment.

Our Whole Community, Inc. is a non-profit faith-based organization committed to helping members of our community make healthy choices for their Mind, Body, and Spirit.

Who: All Are Welcome! All Ages and Fitness Abilities

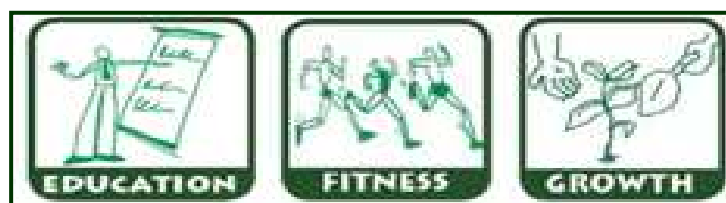
Why: To Help YOU Get Healthy!

When: Every Saturday @ 9:00 AM – 10:00 am

Where: Alternate Sites Each Month; 1st Month is at Lake Lily Park in Maitland; Corner of 17-92 & Maitland Ave.

Questions? Please contact Lavon Williams at 386-822-2191 or via email at lwill64@gmail.com.

*Just show up in your sneakers or comfortable walking shoes and plan to move for an hour. **FREE Pedometers and fitness tips offered to help you achieve your fitness goals.***



Our Whole Community, Inc

www.ourwholecommunity.org