



WALKING FOR WELLNESS

Lunch & Learn Walking for Wellness

Date: October 18th, 2017

Time: 10:30 AM

(Presented by Amanda Maltzahn)

Learn about the endless benefits of walking! Find new ways to walk more in your daily routine!

Tips to help you improve!

Information to help you get on track will be provided!

(Lunch will be provided by Panera Bread.)

