



**STARTING  
JANUARY  
2024**

# CELEBRATING OUR 10TH YEAR ANNIVERSARY!

**2ND SATURDAY  
OF THE MONTH  
FROM 8:00AM-9:15AM**

**BLAIN PARK:  
3101 S. COURT ST.,  
VISALIA, CA 93277**

**REGISTRATION: 8 AM  
WARM UP 8:15 AM  
WALK: 8:30 AM**

## Healthy Snacks & Prizes!

January and February walks will be held at the Visalia Mall. Meet in the food court.

Health Topic	2nd Saturday of the Month
Goal Setting	January 13th
10th Year Visalia WWAD Celebration	February 10th
ReThink Your Drink	March 9th
Mental Health	April 13th
Women's Health	May 11th
Celiac Disease	June 8th
Heat Awareness/Hydration	July 13th
Social Connection	August 10th
Falls Prevention	September 14th
Volunteering	October 12th
Reading Food Labels	November 9th
Grief and the Holidays	December 14th

**THIS GROUP IS A  
FUN AND SAFE  
PLACE TO GO FOR  
A WALK, LEARN  
ABOUT HEALTH,  
AND MEET NEW  
FRIENDS.**

**INFORMATION: (559) 624-2416**