

OPEN TO ALL AGES!

**ALL YOU NEED ARE
GOOD WALKING SHOES!**



FREE 60-MINUTE FUN WALK

FREE Blood Pressure Screening

A doctor from the Family Health Center, Navicent Health will answer health & nutrition questions. Please practice the 4Ws - Wash hands, Wear a face mask, Watch your distance (at least 6 feet/2 meters) & Walk at your own pace and distance!

**Upcoming Events - January 2, February 6, March 6
and April 3, 2021**

*New location: Amerson River Park
2600 Riverview Rd.
Macon, GA 31204*

*Registration: 8:30AM
Walk begins: 9AM*



QUESTIONS:

*Please contact Mary Hoey, Walk Co-Leader at
(478) 538-4046
WWAD@NavicentHealth.org*