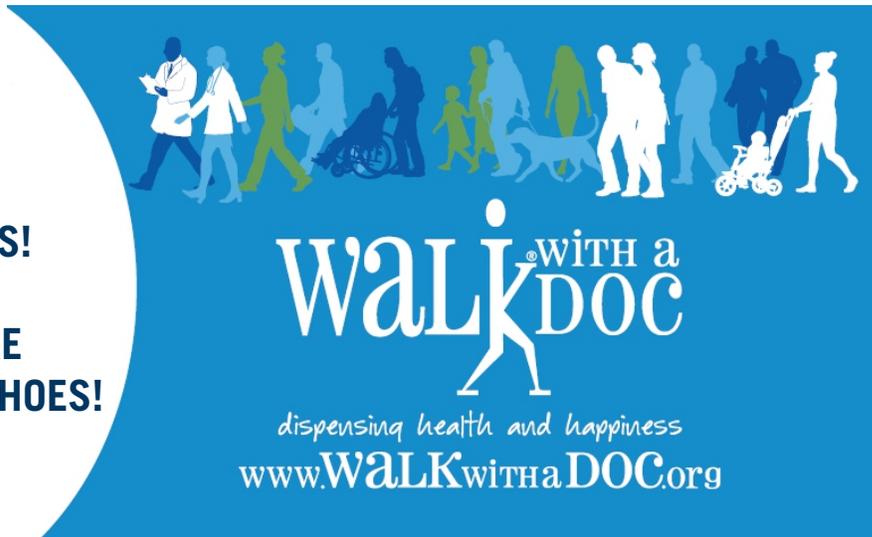


OPEN TO ALL AGES!

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



FREE 60-MINUTE FUN WALK

FREE Blood Pressure Screening

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

Upcoming Events - November 7 & December 5, 2020

1st Saturday of Every Month

Central City Park

150 Willie Smokie Glover Drive, Macon GA 31201

Registration: 8:30AM

Walk begins: 9AM



QUESTIONS:

*Please contact Mary Hoey, Walk Co-Leader at
(478) 538-4046*

WWAD@NavicentHealth.org