

**OPEN TO ALL AGES!
ALL YOU NEED ARE
GOOD WALKING SHOES!**



FREE 60-MINUTE FUN WALK FREE Blood Pressure Screening

*Our doctor from the Family Health Center, Navicent Health will answer health & nutrition questions.
(Walk at your own pace)*

Upcoming Events - October 5, November 2 & December 7, 2019

1st Saturday of Every Month

Central City Park

150 Willie Smokie Glover Drive, Macon GA 31201

*(Indoor location if bad weather: Memorial Recreation Center
2565 Second Street, Macon, GA 31201)*

Registration: 8:30AM

Walk begins: 9AM

Optional activities may also include zumba or yoga.



QUESTIONS:

Macon-Bibb County Recreation Department

(478) 621-6280

WWAD@NavicentHealth.org