



60-Minute Fun Walk & Blood Pressure Screening

A doctor from Atrium Health Navicent
will answer health & nutrition questions.

When

1st Saturday of every month

Upcoming Dates

January 1, February 5, March 5, April 2,
May 7 & June 4, 2022

Registration begins at 8:30 a.m.

Walk begins at 9:00 a.m.

Location

Amerson River Park
2600 Riverview Road
Macon, GA 31204

Open to All Ages!

*All you need are good walking shoes!
Walk at your own pace and distance.*

Current CDC COVID-19 Guidelines:

All walkers are required to adhere to the
CDC Covid-19 guidelines.

Contact

Mary Hoey, Walk Co-Leader

Call: (478) 538-4046

Email: WWAD@atriumhealth.org

