A picture containing green, indoor, fruit, apple

Description automatically generated

[**LoveOneToday.com/walk**](http://bit.ly/2Oj16qu)

**Join Dr. \_\_\_\_\_\_\_\_\_\_\_ for a walk.  
This innovative walking group is free and open to everyone!**

**Lace up your favorite shoes and join us as we discuss the importance of combining exercise with good nutrition. According to the Dietary Guidelines for Americans, replacing bad fats with good fats can reduce bad cholesterol levels in the blood and promote heart health.  
At this walk, we'll talk about how avocados fit in!**

**Sat. March 7, 2020  
8:00 - 9:00 AM  
Central Park - 222 W. Park St.**