VISALIA <u>WITH</u> **a THIS DOCTOR-LED** ALL ARE WELCOME! **GROUP IS A FUN AND SAFE PLACE** FREE

TO GO FOR A WALK, LEARN ABOUT

HEALTH, AND MEET NEW FRIENDS.

STARTING JAN. 2022

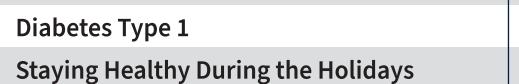
2ND SATURDAY OF THE MONTH FROM 8:00 AM – 9:15 AM

BLAIN PARK: 3101 S. COURT ST., **VISALIA, CA 93277**

REGISTRATION: 8 AM WARM UP EXERCISES: 8:15 AM WALK: 8:30 AM Healthy Snacks & Prizes!

EVENT

HEALTH TOPIC	2ND SATURDAY OF THE MONTH
Mental Fitness and Physical Activity	January 8
Ways to Decrease Hypertension	February 12
Food as Medicine	March 12
Health Benefits of Gardening	April 9
Managing Stress	May 14
Health Benefits of Moving In Nature Kaweah Oaks Preserve 29979 Rd. 182, Visalia	June 11
Adverse Childhood Experiences	July 9
Sepsis Awareness	August 13
All You Need to Know about Vaccinations	September 10
Arthritis	October 8



November 12

December 10

INFORMATION: (559) 624-2416







