



EMBRACE YOU W.E.L.L. WORKSHOPS

2025 MEETING SCHEDULE

EVERY 2ND & 4TH SATURDAY OF THE
MONTH AT 10 AM EST

MEETING

SPOT:

Dale Drive
Neighborhood
Park

125 DALE DRIVE NEAR
PINEY BRANCH ROAD
SILVER SPRING, MD 20910

If weather is
<30°F and
icy/rainy/snowy,
we will do an
indoor walk.

2025 DATES:

JAN- 11TH & 25TH

FEB - 8TH & 22ND

MAR - 8TH & 22ND

APRIL - 5TH & 19TH

MAY - 3RD & 17TH

JUNE - 7TH

2024-2025 OUTREACH &
EDUCATION PARTNER



**BLACK
PHYSICIANS
& HEALTHCARE
NETWORK**

walk with a **DOC**
educate. exercise. empower.

EMBRACE **YOU**
WEIGHT & WELLNESS
COMMUNITY, COURSES, CLASSES, & COACHING
Innovative, Integrative Obesity Solutions