



## 2023 Schedule and Topics

*All walks are from 9 - 10 a.m.*

Mar. 18, 2023	Freedom Park	Heart Health
Apr. 15, 2023	Centennial Park	Asthma/Allergies
May. 20, 2023	Freedom Park	Hypertension/Stroke
Jun. 17, 2023	Centennial Park	Pediatric & Adolescent Wellness
Jul. 15, 2023	Freedom Park	Pain Management
Aug. 19, 2023	Hanford Mall	Adult Wellness
Sep. 16, 2023	Freedom Park	Flu/Pneumonia
Oct. 21, 2023	Centennial Park	Breast Cancer
Nov. 18, 2023	Freedom Park	Diabetes
Dec. 16, 2023	Centennial Park	Mental Health

### **Alternate location in case of inclement weather:**

Hanford Mall (1675 W. Lacey Blvd., Hanford)

Meet at food court entrance

