



## Get moving and have fun!

10 a.m. - 11 a.m.

**Tuesdays starting January 7, 2025** 



Dress to move! When we get moving we feel better.



Make some new friends or connect with old friends while doing something that feels good.

## Learn

Learn something to keep you feeling healthy. A brief wellness discussion will take place after the walk.

Register by December 30, 2024
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