



# Health Talk 'n' Walk

## GET FIT & LEARN

Join us the third Thursday of each month at Goose Lake Park (2811 UAA Drive) for a brief outdoor seminar followed by a 30-minute walk on the Chester Creek Trail with our featured speaker.

- 5:45 pm Check-in, get water, stretch
- 6:00 pm 15-minute health presentation
- 6:15 pm Walk at your own pace for 30-minutes. Speaker will intermingle with the group to answer questions and expand on the topic.
- 6:45 pm Regroup, Q&A, check-out

This event is FREE. Be sure to dress for the weather. No pets, please. Reserve your space to 264-1722 or <http://bit.ly/2bBjKW0>.

## 2016-2017 SCHEDULE

**November 17** | Jennie Simpson, RD, LD, CDE  
"Hummus & Other Healthy Holiday Habits"

**December 15** | Ruth Townsend, MS  
"Keep Calm & Carry On...Thriving Through the Holidays"

**January 19**

**May 18**

**February 16**

**June 15**

**March 16**

**July 20**

**April 20**

**August 17**



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