

*****Calling ALL Walkers*** To The Youth and Community Center**

Walk at your own pace & choose a distance comfortable to you; inside on the walking track or outside on the Tribes paved walking path.

- Check in at the front desk with Kareem
- No special equipment needed
- Enter to win prize!

SMALL STEPS LEAD TO BIG CHANGES

**The Walking Group needs YOU
Don't Wait – Start Today!!**



Contact: Kareem Gannie, Health Coach 360-455-5213 ext. 1275