



WALK ON WED



WEDNESDAYS
NOV 7
NOV 14
NOV 21
NOV 28
DEC 5
DEC 12
DEC 19



WALK ANYTIME
11 AM - 1 PM



BRING SNEAKERS



LOG MINUTES OF EXERCISE TO EARN POINTS
ON TOTALWELLBEING.AZ.GOV



STAY HYDRATED