



Join the Voice of America Park's WALKING CLUB!

Walk for Fun, Fitness and Friends!

All ages and fitness levels welcome!

Starting: Saturday, March 6th at 9am

**Walks held every following Tuesday, Thursday
and Saturday at 9am!**

**Meet at the VOA Lodge breezeway and we'll be
off... on our way to a healthier lifestyle and have
some fun along the way!**

(weather permitting-call 755.4402 when in doubt)

***A log will be provided so you can track your
progress! You may even surprise yourself!***

****Studies show that people who exercise in groups have much better results and
stick with it longer than when they go it alone!**