



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

- September 15** | Karl Johnson, DPM
"Diabetes: Keys to Success...to Keep You on Your Feet"
- October 20** | Douglas Haghighi, MD
"Colon Cancer: Get the Facts for Prevention & Treatment"
- 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**
- February 16**
- March 16**
- April 20**
- May 18**
- June 15**
- July 20**
- August 17**



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