

Bring your smart phone to
earn 10 Program Activity points



LET'S GO WALKING!



National Walking
Day is April 1st

Walk Times

10:00am - Outside Norton cafeteria

12:00pm - Outside Norton cafeteria

2:00pm - Outside Pavilion cafeteria



"Research has shown that walking can boost your heart and brain health and lower your chances of heart disease. Walking at a brisk pace for 150+ minutes a week can help you think better, feel better and sleep better."

- American Heart Association